20 Ways to Become More Independent P72

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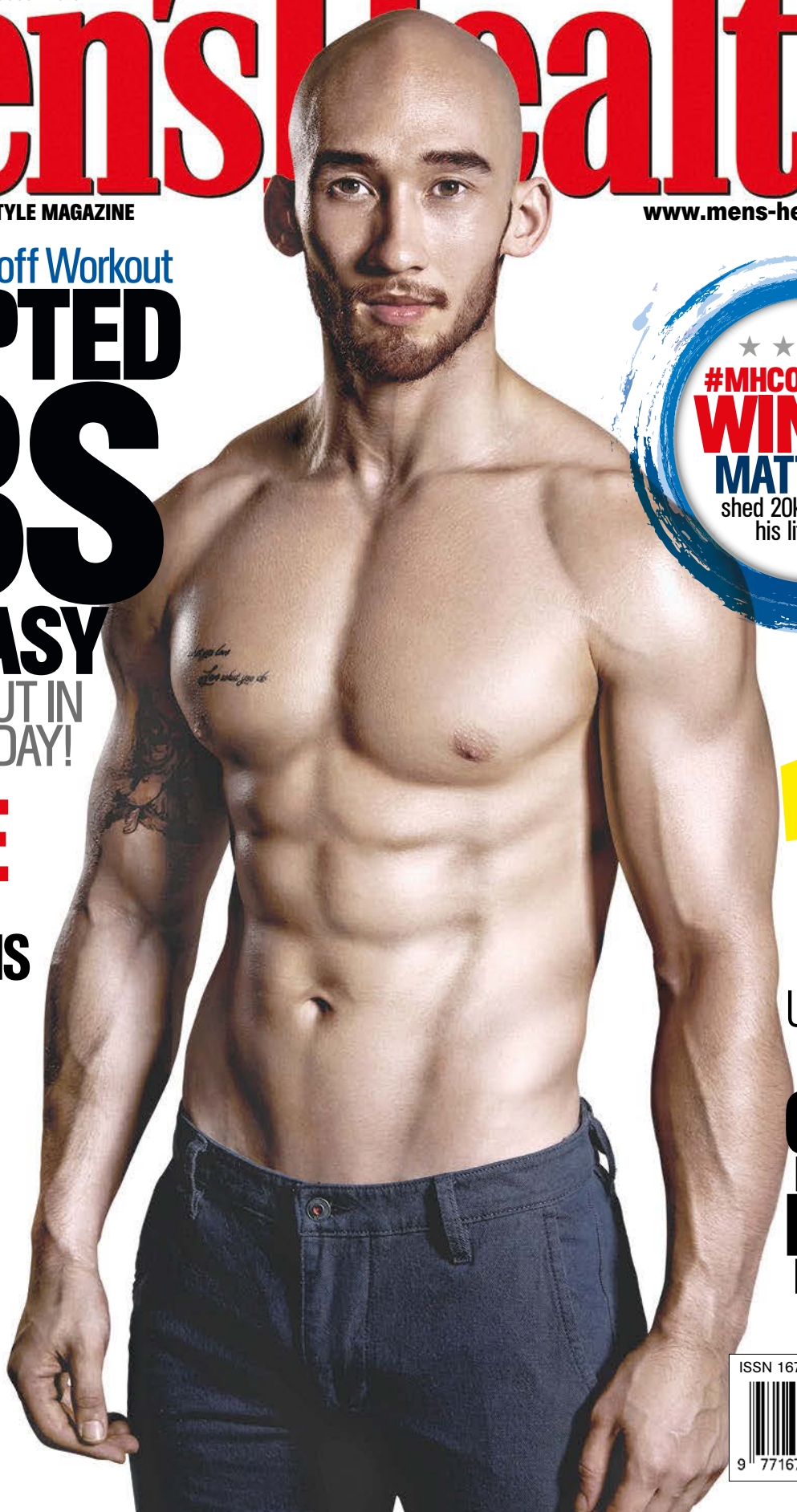
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MATT PYNE

shed 20kg and turned his life around

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Matthew Pyne wears Dockers pants

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Men'sHealth

FROM THE EDITOR

And The Winner Goes To...

In the beginning of this year, we kicked off the #MHCoverGuy15 contest to find the ultimate *Men's Health* guy. And as expected, it became a strenuous undertaking the very moment the entries started flowing in. What did we do? We immediately made one phone call after another in order to narrow down the candidates to the current 13. Then, we put them through a fitness workshop, another round of interviews and a photoshoot session, not to mention getting you to vote for your favourite to help us know who you think fits the bill.

So, congratulations, Matthew Pyne for making the cut! On **p78,** the #MHCoverGuy15 winner, together with the rest of the guys, share their workout tips, diet plans and how they keep themselves motivated to lead a healthy lifestyle. Take their advice whether you're looking to change up your eating habits or floundering to bust your fitness plateau. Discover how Matt gets his ripped and cut physique in our next issue!

But if you're feeling inspired already and can't wait to get started, it would seem remiss of us not to not provide you an equally beneficial routine. *The Abs Accelerator*, on **p52,** is designed to boost metabolism, pack on lean mass and sculpt every muscle in your core in the shortest amount of time possible.

We have many other topics covered in this issue, too. In commemoration of the 58th Merdeka celebration, we raise the question of what makes an independent man. Find the answers on **p72.** And as for style (**p92**), we travel all the way to Shanghai to bring you an awe-inspiring spread, featuring the latest fashion items. Dressing up to impress will never be the same again.

Before I sign off, Happy 12th Anniversary to *Men's Health Malaysia* – and enjoy the issue!



John Ng
Editor

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Ask MH™

LIFE'S QUESTIONS, ANSWERED

Are raw diets really worth it?

– JEFF

Here's the premise behind putting away your frying pan: when you eat food raw, you consume key nutrients and enzymes that would be destroyed during cooking. The flaw in this logic is that the enzymes won't survive the stomach acids released during digestion anyway, explains Katherine Tallmadge, a D.C.-based nutritionist. And while heat can decrease the nutritional content of some produce, it can also boost your absorption of antioxidants and vitamins from tomatoes, carrots, and broccoli. Plus, some foods have certain things, like E coli and salmonella, we *want* cooking to kill. That's why going raw usually means cutting out meat, fish, and dairy. The one upside to the diet? Adherents eliminate processed foods and often lose weight as a result. Of course, you can just adopt that strategy – and still have your steak and eat it too.



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Ask MH™

My girlfriend says it's unhealthy to let my dog lick my face. Is she right?

– BOB

Let's see: dog licks your face, and you kiss your girlfriend. Do you think maybe she doesn't want sloppy seconds? But once-removed pooch smooches aside, you should be grossed out too: canines carry hundreds of different types of bacteria in their mouths, some of which can cause disease in humans, says Dr Jason Stull, an assistant professor of veterinary medicine at Ohio State University. Granted, the key word here is "can," since most guys' immune systems are strong enough to fight off these bugs, says Dr Stull. For people with weaker immune systems, however – including children, pregnant women, and the elderly – the slobbering can be more serious. Worst case, they could contract the bug *Capnocytophaga*, which is found in most healthy dogs and may cause blood and brain infections. You need to enforce a new policy: "No tongue allowed."





What should I look for when buying a chemical-free sunblock?

– TONY

First, zero in on zinc oxide. This and titanium dioxide are the minerals most commonly used in chemical-free sunscreens, but zinc has the edge in protection, says Dr David Leffell, a professor of dermatology at Yale School of Medicine. These physical sunscreens work by reflecting UVA and UVB rays away from your body, whereas chemical barriers like oxybenzone, octocrylene and octinoxate absorb radiation, and dissipate it as heat. Which approach is better? Physical sunscreens may be more effective because they don't degrade in sunlight like some chemical kinds can. But we're guessing the main reason you want to avoid oxys and octos is because you've heard they can be toxic. The worry isn't warranted, says Dr Leffell, who explains that there's no research demonstrating any clear risk in humans. Same goes for the tiny nanoparticles that are used in mineral sunscreens to avoid leaving a white sheen on your skin – even the Environmental Working Group says they're safe. Got all that? Now go get your sunscreen: SPF 30 or higher, like Banana Boat Sun Ultra Protect Lotion SPF50 (*watsons.com.my RM34.90*). "Regardless of formulation or brand, what's most important is that you reapply," says Dr Leffell. Smear it on every two hours or after each swim.

I tend to slouch when I stand. What can I do to improve my posture?

– ANDREW

Keep your chin up. No, really. Every time you catch yourself slouching, imagine a taut string protruding from the top of your head; then picture pulling the string back into vertical alignment with your body, says Dr Kenneth Hansraj, chief of spine surgery at New York Spine Surgery & Rehabilitation Medicine. That's the mental side of the solution. You also need to shore up your core. A lot of men tend to slouch because of weak pecs and abs, two muscle groups that help keep your spine straight, Dr Hansraj says. To add muscle to your middle, do 25 pushups and a one-minute plank daily. And before bed, do some low-load, long-duration stretching, suggests Roy Film, PT, a Maryland-based physical therapist. Lie on the floor and place a rolled-up towel under the most rounded part of your midback. Then raise your arms as if you're performing an overhead press. Hold this position for about two minutes and then lower your arms; repeat for a total of 15 to 20 minutes. Film says this will target tight ligaments and fascia along your spine that may be restricting your ability to stand at attention.



The sound of other people chewing food or gum really bothers me. Am I normal?

– WILL

Listen carefully: that noise annoys plenty of people. Lip smacking, pen clicking, and keyboard tapping also tend to trigger a reaction in folks, although some people are more averse to such noises than others, say UC San Diego researchers. Why? Genetics may play a role, or it could be neurologic crosswiring, says Dr Melanie Herzfeld, an audiologist based in Woodbury, New York. Two regions in your brain work in tandem to process sound: the auditory complex and the amygdala. The latter sends out a distress signal whenever you hear something unpleasant. In your case, the pathways connecting the two regions may be stronger, which could make you more sensitive to the sound of someone chowing down. You can't change your head's wiring, so try outchewing the annoyance. The UC San Diego researchers found that mimicry can be an effective coping strategy; your own munching may be more tolerable to you and cancel out other noises. But if the sound makes you feel anxious or panicked, you could have an extreme sound sensitivity condition, like misophonia. Seek out an ear expert for treatment. Visit *eartistic.com.my*

My grandpa had Alzheimer's. How can I know for sure that my forgetfulness isn't an early sign of the disease?

– BRENDAN

So you forgot your neighbor's name that one time. If it popped up a few hours later, you probably just had a brain fart. Even a few of these memory lapses shouldn't be taken too seriously, since they're likely to happen when you're stressed, anxious, depressed, or not sleeping enough, says neuroscientist Dr P Murali Doraiswamy, *MH*'s US brain health adviser. But if forgetfulness begins to affect your daily life – say, you suddenly spaced on how to get to work – see your doctor. The fact that your grandfather had Alzheimer's means your risk could be tripled, says Dr Doraiswamy. There's no single test to diagnose the disease, so you'd probably undergo memory and neurological exams, blood tests, and an MRI or a CAT scan to suss out the potential problem. Even if you're given the all-clear, keep beefing up your brain's resiliency, says Dr Doraiswamy. Walking or jogging just a few times a week can prevent brain atrophy, one hallmark of Alzheimer's, according to a study in *Frontiers in Aging Neuroscience*.

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ADD MPH TO YOUR HEATER

This throwing concept has legs: **ball speed relies on lower-body power.** In an Ohio State study, pitchers who threw hardest put more force into the ground. "A stable base helps transfer energy through your hips and up your trunk to your arm," says lead study author Mike McNally, CSCS. Try these drills: for the lunge throw, hurl a baseball from a lunge position, left leg forward (if you're a righty). Push your front leg hard into the floor as you throw, letting your back leg rise in the follow-through. For the overhead slam, assume a lunge position, lift a medicine ball overhead, and slam it into the floor, driving your front foot down and straightening your front leg.

Weight Loss Bulletin



Melt Away 5kgs

Cut your gut without giving up the good stuff: **even a modified Mediterranean diet can encourage weight loss,** say scientists in Germany. People who replaced the diet's standard olive oil with canola and walnut oil and ate two sweets a day lost an average of 5kg in 12 weeks, while folks on the traditional diet dropped less than a pound. More options and room for indulgence may help you avoid cravings and make a diet easier to stick to.

BLAST FAT IN 3, 2, 1…

Leave it all at the finish line: **you only have to run a 5K a week to burn fat,** report Danish researchers. Runners who logged at least 5km a week lost an average of 1.8kg after a year – that's without any diet changes. Those who also cut back on soda, snacks, and junk food shed 5.4kg. The key to success? The will to lose weight, says study author Dr Rasmus Nielsen. Those who took up running specifically to drop pounds experienced the best results.

WEIRD SCIENCE THAT WORKS



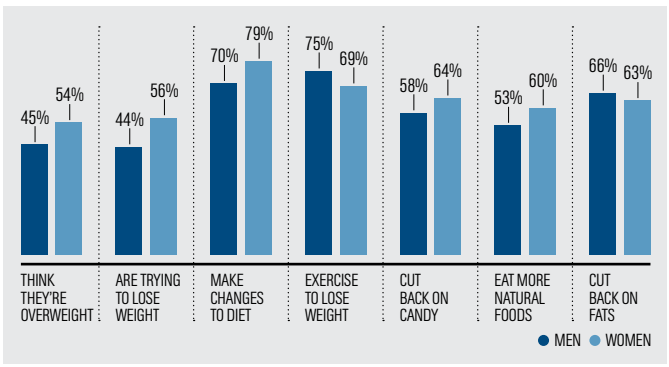
The Finding
Refrigerating rice can save you calories. Scientists in Sri Lanka say when rice is cooked with coconut oil and cooled, its concentration of resistant starch rises more than tenfold. This carb isn't easily broken down, so more of it could mean fewer calories – up to 60% fewer, preliminary research suggests.
Apply It Use package directions to cook rice, adding 1 tsp coconut oil per ½ cup of uncooked rice. For the full benefit, let it simmer for 40 minutes and cool 12 hours. Reheat and serve.

433

Extra calories men consume on days they drink alcohol
Source: *The American Journal of Clinical Nutrition*

WHO CARRIES MORE WEIGHT?

Women use a more balanced attack in the battle of the bulge than men do. A Nielsen survey reveals that women not only exercise but also make more dietary changes. Most men hit the gym but appear to have missed the memo on the importance of healthy eating.



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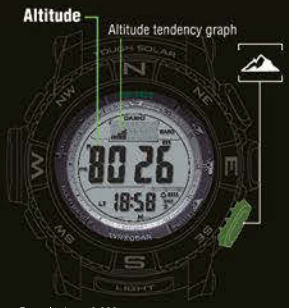
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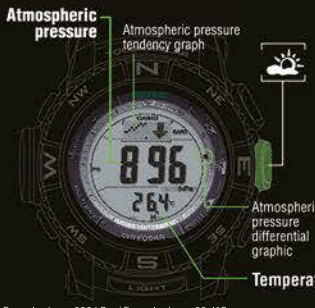
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Altimeter



Example shows 8,026m.

Barometer / Thermometer



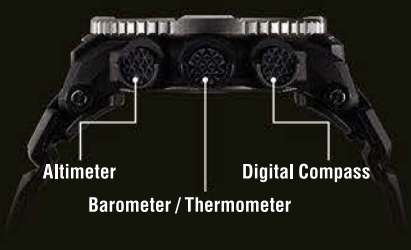
Example shows 896 hPa. / Example shows 26.4°C.

Digital Compass



Example shows 295°. / Example shows WNW.

[Large direct buttons]



*1 Takes measurements every second for the first 3 minutes and every 5 seconds or 2 minutes thereafter (selectable).

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Nutrition Bulletin



Don't toss the beet tops. They're great sautéed with onions and garlic.

Beet Down Blood Pressure

Start rooting out hypertension. **The naturally occurring nitrates in beets may help fight high blood pressure,** say British researchers. People with hypertension who drank about a cup of beet juice with nitrates daily for a month saw their BP drop noticeably compared with that of people who drank beet juice without them. Plus, their endothelial function – the ability of blood vessels to expand and contract – improved by about 2% . Nitrates convert into nitric oxide when digested, lowering blood pressure within a few hours, the scientists say. No need to swig: eat one or two beets a day to produce similar benefits.

DON'T SLEEP WITH THE FISHES – EAT THEM

Give your diet a sea change. A Chinese study suggests that **consuming fish may help protect you from liver cancer.** People who ate the most fish had an 18% lower risk of liver cancer than those who ate the least. The omega-3s may help stop your immune system from flaring up, reducing cancer-causing inflammation. For every serving of fish you eat per week, you may net a 6% decrease in your liver cancer risk.

WHAT THE HELL IS THAT?



Term Organosulfur compounds
What They Do Stave off stomach cancer
How to Eat More Choose foods in the allium family, such as onions, garlic, leeks, or shallots. People who ate about two onions a week had a 41% reduction in their stomach cancer risk, an Italian study found. Slice a few onions and cook them with a bit of oil on medium low, stirring frequently, until caramelised, 30 to 45 minutes. Then use them to top sweet potatoes, steak, or pizza. Or stir them into sour cream for French onion dip.

PLAY SPIN THE JUICE BOTTLE

Time to reevaluate those liquid assets. In a recent Dutch study, scientists tested eight varieties of store-bought bottled juices to find out which ones contained the most antioxidant phenolic compounds per litre. Choose juices toward the top of this chart.

JUICE	PHENOLICS (mg)
ELDERBERRY	3,521
POMEGRANATE	2,684*
BLUEBERRY	1,524
BEET	1,243
APPLE-BERRY	1,029
CRANBERRY	882*
ORANGE	470
APPLE	400

*These bottled juices contained 50% water.

1

Number of cups of coffee you should drink daily to optimise the java's artery-friendly benefits
Source: *Heart*

EDITED **LILA BATTIS** ALL BULLETINS **MATT VOHR/HALLEY RESOURCES** (FOOD STYLING), **MEGUMI EMOTO/ANDERSON HOPKINS** (PROP STYLING) **FREEIMAGES** (ONIONS)

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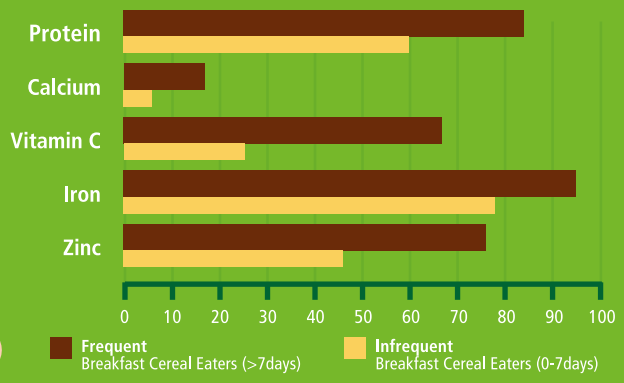


**Based on 1 serving of each food item.
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Bell Institute of Health and Nutrition (1988-2000) Dietary Intake Study, General Mills U.S.

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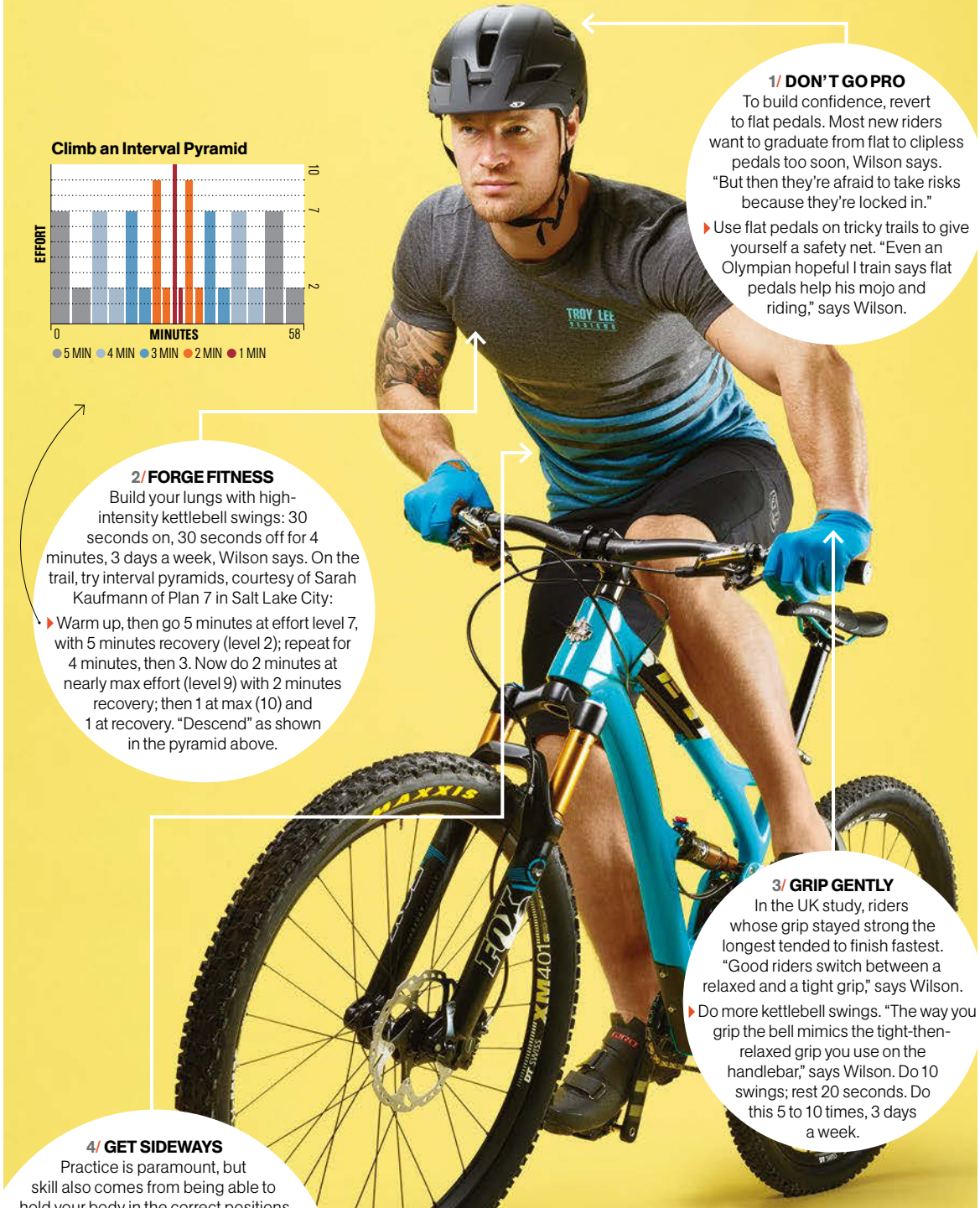
***A serving is defined as 30g by the European Breakfast Cereal Association

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Nestlé
Good Food, Good Life

Crank More, Crash Less

You might think fearlessness alone is key to bombing downhill with ease. But researchers in the UK say **mountain biking performance depends on a combination of self-confidence and skill, as well as hand-grip endurance and aerobic capacity.** James Wilson, one of America's top mountain biking trainers, explains how you can develop those attributes and tackle any trail.



1/ DON'T GO PRO

To build confidence, revert to flat pedals. Most new riders want to graduate from flat to clipless pedals too soon, Wilson says. "But then they're afraid to take risks because they're locked in."

- Use flat pedals on tricky trails to give yourself a safety net. "Even an Olympian hopeful I train says flat pedals help his mojo and riding," says Wilson.

2/ FORGE FITNESS

Build your lungs with high-intensity kettlebell swings: 30 seconds on, 30 seconds off for 4 minutes, 3 days a week, Wilson says. On the trail, try interval pyramids, courtesy of Sarah Kaufmann of Plan 7 in Salt Lake City:

- Warm up, then go 5 minutes at effort level 7, with 5 minutes recovery (level 2); repeat for 4 minutes, then 3. Now do 2 minutes at nearly max effort (level 9) with 2 minutes recovery; then 1 at max (10) and 1 at recovery. "Descend" as shown in the pyramid above.

Climb an Interval Pyramid

3/ GRIP GENTLY

In the UK study, riders whose grip stayed strong the longest tended to finish fastest. "Good riders switch between a relaxed and a tight grip," says Wilson.

- Do more kettlebell swings. "The way you grip the bell mimics the tight-then-relaxed grip you use on the handlebar," says Wilson. Do 10 swings; rest 20 seconds. Do this 5 to 10 times, 3 days a week.

4/ GET SIDEWAYS

Practice is paramount, but skill also comes from being able to hold your body in the correct positions while riding. "You need mobility to do that," Wilson says. His favourite drill is the windmill stick stretch, which puts you in the same position as when you're cornering.

- Grab a broom or dowel and hold it behind your neck with both hands. Push your butt back and move your right foot forward. Now bend forward and touch your right elbow to the right side of your right knee. Hold for five deep breaths; repeat on your left side. Do this stretch once a day.

857

Calories burned by the average guy mountain biking vigorously uphill for 45 minutes

Source: *Compendium of Physical Activities*

EDITED **MICHAEL EASTER** YETI BICYCLE; TROY LEE DESIGNS SHIRT AND SHORTS; GIRO SHOES, HELMET, AND GLOVES



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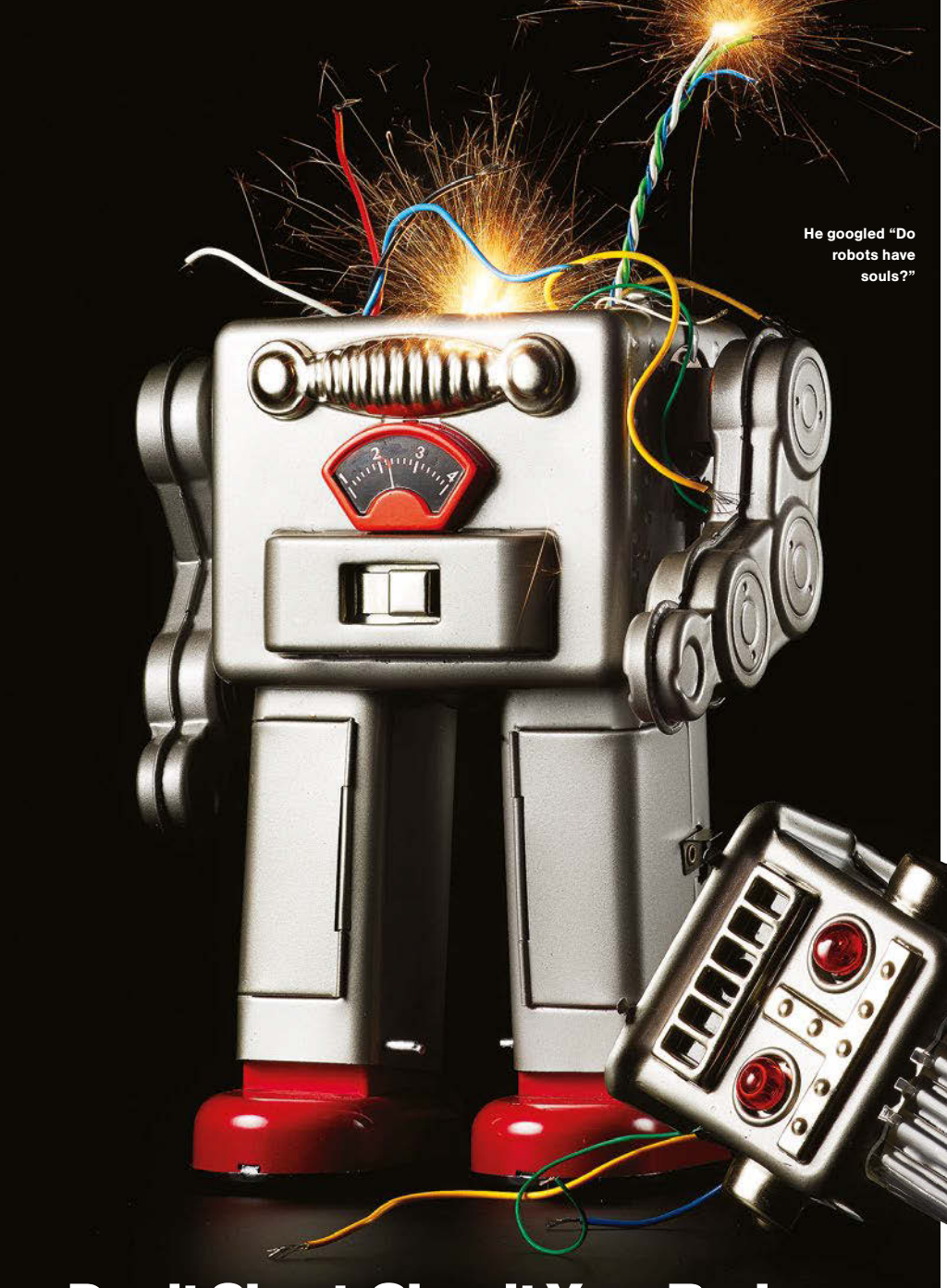
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Brain Bulletin



He googled "Do robots have souls?"

Don't Short-Circuit Your Brain

Think before you google: **relying too heavily on search engines could mess with your mind.** In a Canadian study, people who spent 20 minutes or more per day looking up information on their smartphones performed up to 19% worse on cognitive tests than those who used their devices less. Study author Dr Nathaniel Barr says offloading tasks from your brain instead of solving a problem on your own may make you think less creatively and analytically. Check your mental agility: a bat and a ball cost RM1.10 total. The bat costs a ringgit more than the ball. How much does the ball cost? (Hint: It's not 10 cents.) Answer: five.

ERASE YOUR AGE



The Youth Serum Eating a serving or two of leafy greens every day may slow your rate of cognitive decline to that of someone 11 years younger, according to new research from Chicago's Rush University.

How to Take It Pile your plate with spinach, kale and collard greens. They contain folate, beta-carotene, vitamin K and lutein, the nutrients likely responsible for the brain protection, says study author Dr Martha Clare Morris.

60

Nap duration (in minutes) that can preserve your memory five times better than if you hadn't napped at all

Source: *Neurobiology of Learning and Memory*

DRIVE AWAY STROKES

More reason to be a man with a plan: **Having a sense of purpose in life can lower your risk of brain tissue damage,** reports a recent study in the journal *Stroke*. Researchers found that people who felt their lives had meaning were roughly half as likely to have suffered macroscopic infarcts – small areas of dead brain tissue caused by blocked bloodflow. Study author Dr Patricia Boyle suggests that the positive effects of taking up a hobby or volunteering can act as a buffer against age-related brain conditions.



SMELL LIKE SUCCESS

Need a loan? Spritz on the right scent: **the smell of lavender can make you seem trustworthy,** say researchers in the Netherlands. People gave more money to others when the room smelled like lavender than when they got a whiff of peppermint or nothing at all. That's because the scent is soothing; plus, your olfactory nerve is connected to the brain region that controls the way you trust others. To improve the odds that you'll shake on the deal, apply lavender hand sanitizing spray.

EDITED **MELISSA ROMERO**


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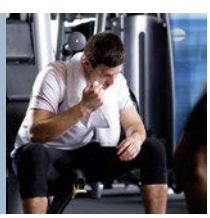
Muscle Bulletin



Go Big, Grow Big

You know that heavy lifting leads to faster gains. Now science explains why: **lifting to failure with a heavy weight activates 53% more muscle fibres** than doing so with a light one, a study in the *European Journal of Applied Physiology* reveals. But don't abandon light loads entirely. "While most of your sets should be in the 6- to 10-rep range, doing occasional 20- to 30-rep sets will ensure that you hit both fast- and slow-twitch muscle fibres, maximising your overall growth," says lead study author Dr Brad Schoenfeld.

RULE REVERSAL



Old Rule Doing low-intensity "filler" exercises between sets of other lifts – jumping rope during rest periods for the bench press, for example – can accelerate your gains without compromising your performance.
New Rule Take a load off. Sitting for two to five minutes between sets may help you recover faster and more completely, allowing you to put more effort into each rep, say scientists at the University of Utah.

30%

Reduction in lifters' quad activation when squatting with knee wraps versus without
Source: *Journal of Strength and Conditioning Research*

POWER BY DIVISION

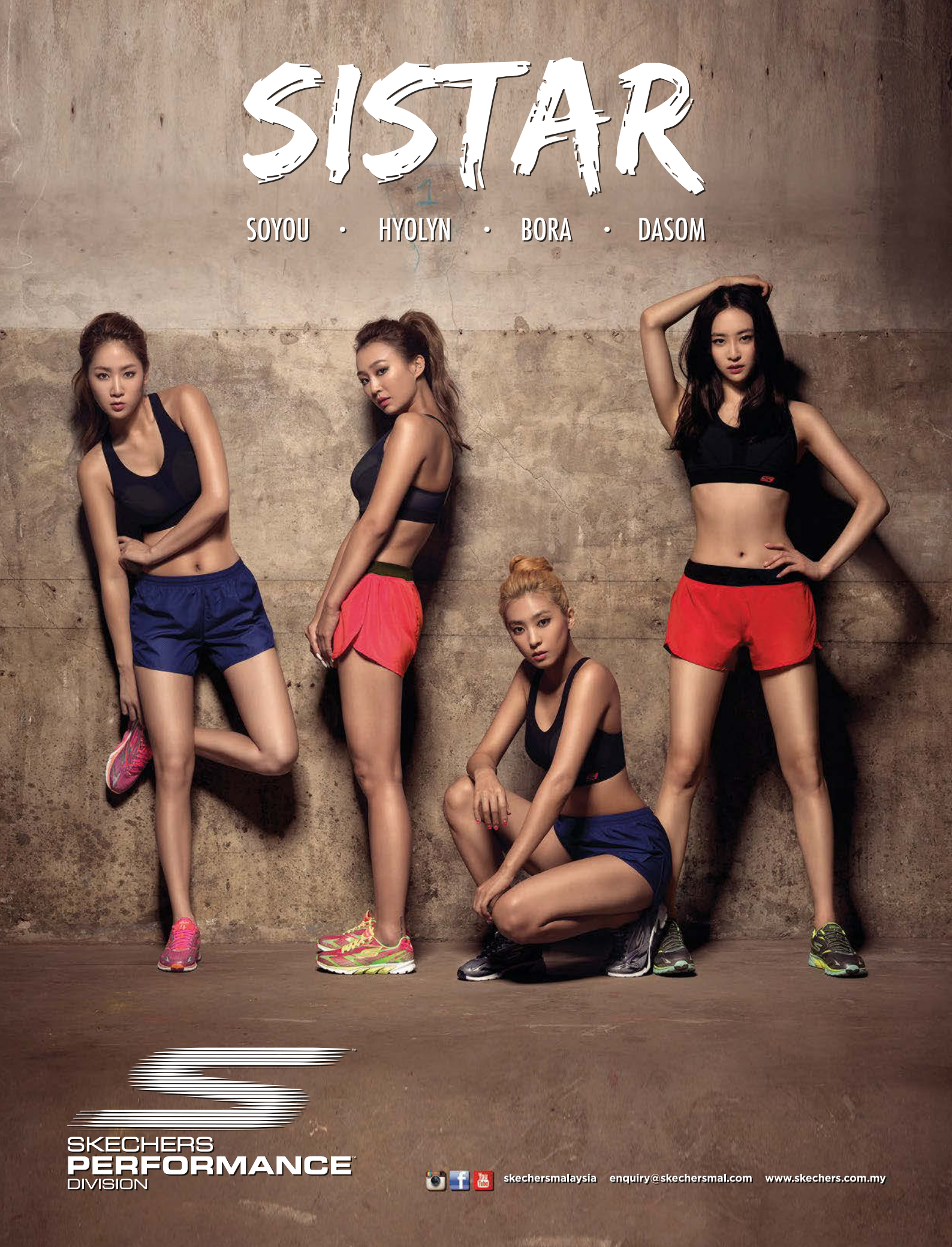
If your goal is to jump higher, throw harder, or sprint faster, **don't mix power and strength training,** say researchers in Greece. Their study found that men who did separate power workouts gained more explosiveness – a key element of athleticism – than men who folded power exercises into their strength sessions. The scientists' advice: once or twice a week, do 3 sets of 8 explosive reps of the barbell squat, bench press, jump squat and broad jump. For the first two moves, use 30% of your 1-rep max.



MAKE SOME WAVES

This is easy to grasp: battling ropes exercises can make your metabolism skyrocket, according to a new study from the University of Minnesota. Researchers found that **using battling ropes for just 10 minutes can burn about 150 calories,** putting it on a par with other popular metabolic training tools, such as kettlebells. Cap off your next workout with this drill from study author Dr Charles Fountaine. Grab an end of the rope in each hand and begin making up-and-down waves. Go for 15 seconds and rest for 45 seconds. Do this 10 times total.

PHOTOGRALHY **ISTOCKPHOTO** (MAIN)


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Silver Screen Heart Stealer

Raja Ilya's no stranger to the Malaysian entertainment industry. The starlet talks about her passion for acting and how you can man up for a girl like her

"IT'S IN MY BLOOD. I CAN'T LET GO." RAJA ILYA'S TALKING ABOUT THE LOVE OF HER LIFE – acting – and the unique road it's led her on. Though the established actress has created a prominent spot for herself in the Malaysian entertainment industry, she'd briefly left the bright lights of the silver screen a couple of years ago.

"I was engaged previously," Ilya explains. "It was a request from my future in-laws to leave the industry and focus on something a bit more stable." The pursuit of "something a bit more stable" saw Ilya testing out her entrepreneurial skills by setting up her own boutique. "I was just sitting in the office, doing business. After a year and a half, I realised that it's just not my soul, like I was faking my life. I felt like I couldn't keep on doing it." Her engagement eventually fell apart and she passed on the business to her family before making a comeback to the film industry.

Ilya opens up about what kind of guys she's attracted to, saying "Someone who's fun to be with and is easy going. I like guys who can mingle with anyone, *tak sombong*." She adds mischievously that it won't hurt if you're good looking too, before directing the conversation to a more serious tone, pointing out that your family background matters as well. "I went through a lot from my previous relationship. It's true what they say about marriage; it's never about just the both of you – you're ultimately marrying into the whole family."

Raja Ilya on what she looks for in a man and how you can spice up any relationship

LIVE ON THE WILD SIDE

"I once went out with this spontaneous guy who was full of surprises. We were driving at midnight when he stopped in the middle of the road, played the music out loud, got out of the car and started dancing alone. The cars started honking peet-peet-peet but he kept going before coming in and saying 'I'm so happy today.' That was our first date."

DISCOVER HER ONLINE PERSONA...

"You can't randomly fall for a girl because of her looks. If you want to know what she's really like, check out her Facebook, Instagram and Twitter. It'll give you a better idea of what she's really like: does she love shopping or is she the moody type? You'll find out more about her personality – I'd do the same if I was a guy!"

...BUT MAINTAIN AN AIR OF MYSTERY

"Guys should be a bit more reserved and mysterious online. There's only 24 hours in a day – don't tweet or post up stuff like 20 times! You don't have to update on everything like 'I just woke up', 'I'm on my way' or 'I love this Milo'. When I check out a guy's Instagram and there's only a couple of posts, it makes me wonder what's actually going on."

LEARN THE ROPES TOGETHER

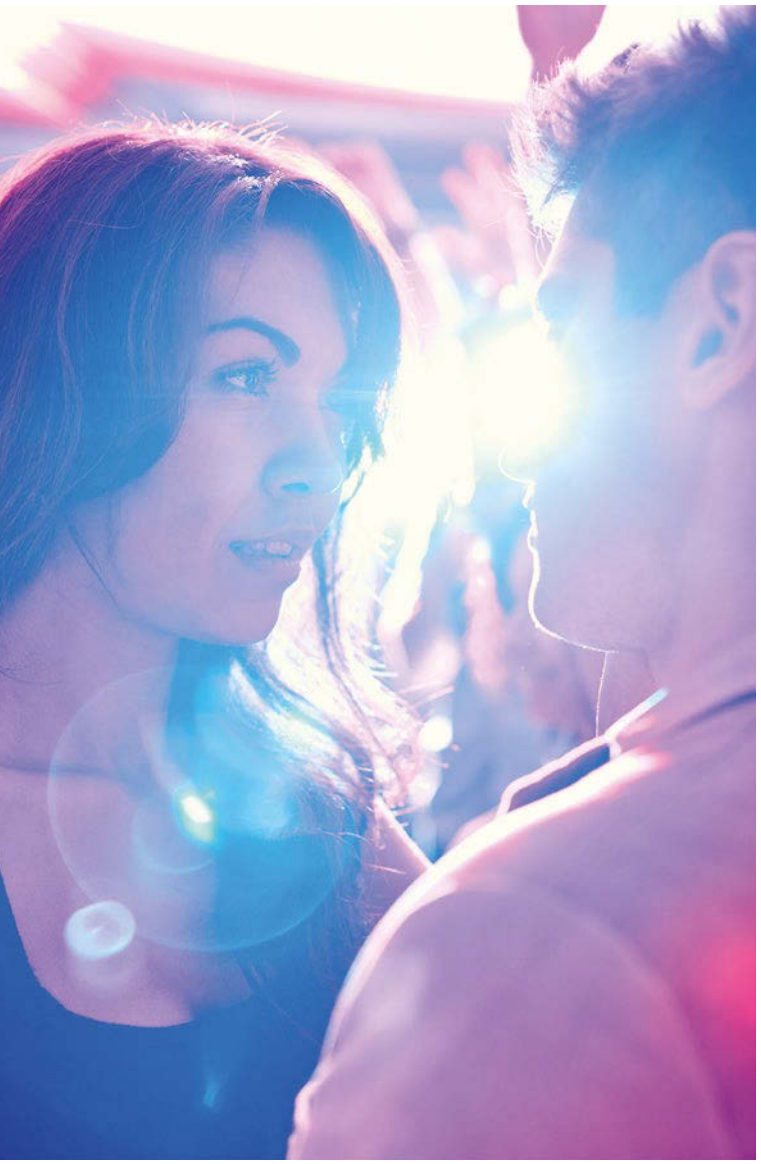
"It's hard to find people with the same mentality as you. But if you've got one, you're lucky. A relationship requires effort from the both of you; it shouldn't be just one person doing all the work and the other receiving – you'll get bored! Initiate different date activities like going for live bands and talk about different topics."

REDEFINE WHAT A MAN IS

"Have a strong personality and be loyal. Be someone who stands for his rights and is independent. Have your own answers, opinions and perception for things that happen around you. Be a guy who's strong in what he says and decides."

WORDS **ANIS TAUFIK** PHOTOGRAPH **MARCUS WONG** GROOMING **JOEY YAP** FOR MAKE UP AND **ANGELINE LOW** FOR HAIR; RAJA ILYA WEARS STRAPPY GLITTER BRA TOP FROM H&M STUDIO A/W 2015 AND RECYCLE FIBRE SUPER SKINNY LOW WAIST DENIM FROM H&M

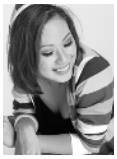

"You can't randomly fall for a girl because of her looks. If you want to know what she's really like, check out her Facebook, Instagram and Twitter. It'll give you a better idea of what she's really like"



My girlfriend feels offended when I refuse to dance at weddings. The thing is: I suck at it. I don't really have to do it, right?

– DOMINIC

When you're blessed with two left feet, be the statue on the dance floor and rock side to side. More than wanting you to tango with her or do the Dougie to get the party started, she just wants you to accompany her on the dance floor. She probably loves to dance but feels shy alone among a crowd. Be the braver gentleman and get out there. If you're really concerned, take a dance class to understand rhythm. But really, it's a matter of being by her side.



ASK US NOW

Email our regular contributor Vivian Chong your questions on women, love, dating and sex to **editor@mens-health.com.my**

My friend is now engaged to a woman he only went out with for a few months. I don't think it's a good idea. Should I voice out?

– JAY

You can tell him, but don't expect him to choose otherwise based on your opinion. Many things could have happened within those months. There's attraction, infatuation, lust, discovery, romance then committed love, and usually in that order. It's possible to date someone for ten years and never feel like you want to put a ring on it. I'm sure the decision to get engaged wasn't impulsive and if it is, be a buddy and bear witness to the life he is living out. You'll never know, she might be the best thing that's ever happened to him.

My wife doesn't seem to like my best friend. What do I do?

– NAZIM

Well, there's no fixing your wife or your best friend. First off, it's important to find out what about your friend that your wife detests. It could be that when he's over he's leaving a mess for her to clean up or he's a worldly bad influence on you. The former is a minor offense while the latter can be toxin to your marriage. You have to find out exactly what her problem with him is before you can have a man to man talk about making adjustments. And the friend who tries after all has been said and done is a friend for life indeed.

My girlfriend very affectionate – even in public. But I'm not. What's the compromise?

– MATTHEW

PDA is all about comfort levels; yours is clearly much lower than hers. There are affections that are acceptable such as hand holding, kisses on forehead and cheeks, standing within close proximity, loving gazes and pecks. Draw the line when she gets more intimate in public than comfortable and/or appropriate for you and others. Give her the scenario of being stuck in an elevator while two people are making out. Would she want to be that couple?

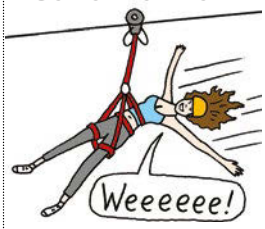
She wants me to delete photos of exes on Facebook. I think that's extreme. What's your take?

– SENTHESAN

You don't have to delete them, but you can restrict the album from being publicly viewed. It's one thing to acknowledge that you've had a past and an entirely different ballgame having that past stare you in the face while you're trying to build a future. Women are delicate creatures. It's common for us to obsess over our beau's Facebook profile for hours just to get to 'know' him more in-depth. Coming across the faces of your past lovers encourage neither trust nor confidence. That being said, if the past is in the past, why the hesitation in letting go?

DATE NIGHT ROCKET FUEL

THRILLS THAT THE READERS OF *WOMEN'S HEALTH* WOULD GO FOR–OR NOT



SIGN ME UP!

- ZIPLINING
- KAYAKING
- JET SKIING
- ROLLER COASTER
- ROCK CLIMBING
- MOUNTAIN BIKING
- WHITEWATER RAFTING
- PARASAILING
- SCUBA DIVING
- SURFING
- WAKEBOARDING
- SKYDIVING

ARE YOU NUTS?



PHOTOGRAPH **ISTOCKPHOTO**

DR. RUBAN'S
SKIN & HAIR CLINIC

HAIR FOREVER

Your questions about hair loss – answered by Dr Ruban Nathan!

How can you confidently claim: 'hair forever'?

We take the hair from the back of the scalp and its surrounding fat, which is genetically immune to the hair loss, and translocate them to the top and front of the scalp. Of course, to do so, the surgeon and hair technicians have to be experienced enough not to damage the follicles.

How can we tell if a doctor is experienced?

The Ministry of Health (MOH) will issue a license to practice to those doctors who have proven their experience. The patient has a right to ask to see a copy of this LPC.



Follicle preparation using the latest stereomicroscopes

Why do some doctors talk about hairs, and other grafts?

We don't talk about hairs anymore since 1984 when John Headington first described the true occurrence of hairs in the scalp in bundles of one to four known as follicular units. Our job is thus to preserve those bundles, which results in a better cosmetic result, not to mention the costing of the procedure should be done in accordance to per graft and not per hair.

Are there any major risks involved?

We have been sharing our techniques by attending the ISHRS (International Society of Hair Restoration Surgeons) meeting, which began in 1994, and since then, the procedures have just gotten better and better.

Does the hair regrow immediately?

No. It will take around four to six months to start growing. Initially they are fine and will gradually regain their full thickness in 10 to 12 months.

Is it applicable to other indications apart from genetic hair loss?

Yes. Hair transplant is also used to increase eyebrow density, facial hair and even to replenish body hair. It is also used for burn patients as well as those who have lost hair from surgery, often as a result of brain surgery or facial trauma.



Hairline Design - Soft Hairline Post Transplant

Are there any non-surgical techniques to regrow hair?

Yes, and those that have been proven to work include the lotion version of an antihypertensive, 5-alpha reductase inhibitors and PRP – all of which works well in the early stages of hair loss.

What is PRP?

Abbreviation for platelet-rich plasma, PRP is when a patient's blood is drawn from which the plasma is extracted. It is then stimulated (to release the growth factors) and reinjected into the deep layer of the skin. PRP is often done during a hair transplant procedure to optimise hair regrowth .

How come you don't get a transplant yourself, Dr Ruban?

This procedure is not compulsory, and is only necessary if one is not happy with one's appearance. Sadly, I'm easily pleased.

www.drruban.com



Dr Ruban Nathan, MBBCh(Ire) FRCP(UK) DipDermSc(UK)Dip Laser Surg(USA) FAAD (USA) AM (Mal), is the Senior Consultant Dermatologist at Dr Ruban's Skin & Hair Clinic (+ Nathan Skin , Laser Centre) & Sunway Medical Centre.

Brain Freeze, Explained

Nothing hurts your head like speed-eating Baskin Robbins. Dr Jorge Serrador, who researches cerebral bloodflow at Rutgers, explains the "why" of your wincing

1/ A Freeze Alert Sounds in Your Mouth
As you wolf down rocky road, the frozen goodness cools your pie-à-la-mode-hole. This temperature drop stimulates your trigeminal nerve, which runs throughout the roof of your mouth and helps regulate the amount of blood flowing through your brain.

2/ Your Brain Gets Confused
Your trigeminal nerve sends a "Dilate!" command to your anterior cerebral artery. This results in a warm rush of blood to your frontal lobe, your brain's decision-making HQ. Your brain perceives this as a signal that it's being threatened with frost damage.

3/ Pleasure Gives Way to Pressure
About 20% more blood is pumping through your anterior artery to your frontal lobe. The sudden surge causes surrounding tissue to swell, which squishes brain cells against the inside of your skull and activates pain receptors all across your forehead.

4/ You Want to Scream
As you grimace mid-gorge, the pain signals override the trigeminal nerve's earlier command and instruct your anterior cerebral artery to constrict, restricting bloodflow. Because the extra blood needs 30 seconds to a minute to drain, your pain lingers.

5/ The Pain Finally Melts Away
Ah, sweet relief. You dig in again. Oh, you haven't learned your lesson? Trick your trigeminal nerve by pressing the underside of your tongue to the roof of your mouth between bites. This will warm the nerve and tell it to ease up on the overreaction.

WORDS **ALEISHA FETTERS** ILLUSTRATION **SAM ISLAND**

Athlete's Foot. Unfortunately, it's as bad as it looks.





But now there's a cure.

Athlete's Foot is a skin infection caused by microscopic fungus. Easily picked up in warm, damp environments like changing rooms and gym showers, it feeds off your skin, leaving it sore, smelly and unsightly. But here's the good news – Canesten. It doesn't just relieve the itching, burning, flaking and cracking – it also does away with the fungus for good, so you'll not have to take another painful step. Visit your nearest pharmacy for Canesten.

K.K.I.I.U 0260/2015



BAYER

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Trusted brand in eliminating fungal infection

Move Better in 15 Minutes

Tired of doing the boring ol' stretches before you lift? Add Hansen Lee's seven yoga moves to your warmup repertoire (you do warm up, don't cha?) to move better and lift stronger



LADS, WE KNOW YOU'RE busy. But if there's one thing we could ask you to set aside time for the next time you gym, it would be this: proper warmups. No, we don't mean dull static stretches. In fact, we want you to do the opposite – incorporate these dynamic yoga moves into your warmup routine before you hit the weights.

Actor, TV presenter and certified yoga instructor Hansen Lee explains that guys need yoga because a man's skeletal structure is generally more rigid compared to women, especially in the hips. Throw in additional muscle mass and modern sedentary lifestyle factors into the equation and you get very tight shoulders, lower back, hips and hamstrings – trigger points that don't just impact posture, but restrict your movements for compound lifts.

Here's where yoga comes handy. The movement training focuses on the body, mind and breath, linking all three elements while doing the *asanas* or poses. As a result, you don't just improve flexibility and mobility – you'll stretch and strengthen muscles through the ranges of movements too.

DOWNWARD DOG

(A) Come onto your hands and knees on the floor, with hands shoulderwidth apart and knees directly below the hips. Keep your feet aligned with the hands. **(B)** Straighten your legs while maintaining a slight bend in the knees. Wrap arms in towards chest so your elbows point towards the thighs and push through the shoulders into the ground. **(C)** Keep pushing the tailbone back and up towards the ceiling while driving heels towards the ground. Keep head between your upper arms and breathe. Maintain this pose for 1 minute.



SQUAT

(A) Lower your body to a squat with your feet at 10 and 2 o'clock. Keep knees aligned with the feet. **(B)** Lift your chest up and let the tailbone down towards the ground. If your hips and ankles are tight: (1) use a block to support you from the buttocks or (2) keep heels off the ground and slowly work towards planting the feet down in time. Maintain this pose for 1 to 2 minutes.



RUNNER'S LUNGE

(A) Get into lunge position and drop the back knee down to the ground. **(B)** Keep pushing the front knee forward and push the back hip down. Tuck your hips in slightly to avoid compression in the lower back and lift your chest up. Use your hands for support if you're unsteady. Maintain this pose for 1 minute before switching sides.



WIDE LEG FORWARD BEND

(A) Stand with your arms stretched out straight to the sides, parallel to the floor. Step your feet apart until each foot is approximately below the same-side wrist. **(B)** Interlace your fingers behind your back, lifting the chest and rotating shoulders to the back. Inhale. **(C)** As you fold forward, think of bringing your stomach over your thighs without rounding the back and exhale. Feel the weight on the balls of your feet – there should be a slight feeling of tipping over. You can intensify the stretch by extending your arms in the direction of the ground to stretch the shoulders. Hold for 1 minute.

WORDS **ANIS TAUFIK** & **HANSEN LEE** PHOTOGRAPHS **DAMIEN KHOO/VIPHOTOGRAPHER** HANSEN LEE WEARS UNDERARMOUR SPORTSWEAR



TRIANGLE POSE

(A) Stand with your feet about 4ft apart. Turn your left foot in slightly to the right and your right foot out to the right 90 degrees. Align the right heel with the left heel. Firm your thighs and turn your right thigh outward, so that the center of the right knee cap is in line with the center of the right ankle. **(B)** Exhale and extend your torso to the right directly over the plane of the right leg, bending from the hip joint, not the waist. Rotate the torso to the left, keeping the two sides equally long. Rest your right hand on your shin, ankle, or the floor outside your right foot – whatever that's possible without distorting the sides of the torso. **(C)** Stretch your left arm toward the ceiling, in line with the top of your shoulders. Keep your head in a neutral position or turn it to the left, eyes gazing at the left thumb. Hold for 1 minute and repeat on the other side.

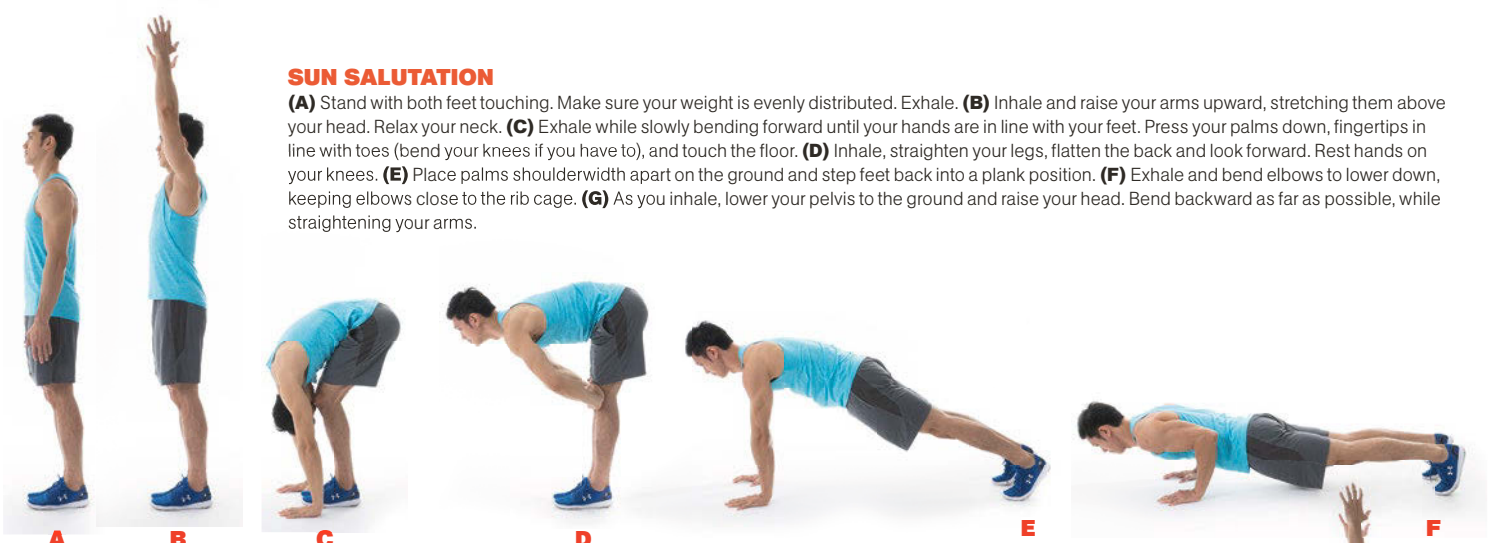


UPWARD PLANK POSE

(A) Sit on the ground with your hands several inches behind your hips and your fingers pointing forward. Bend your knees and place your feet on the floor, big toes turned inward, heels at least a foot away from your buttocks. **(B)** Exhale. Press your inner feet and hands down against the floor. Lift your hips until you come into a reverse tabletop position with torso and thighs parallel to the floor, while your shins and arms are perpendicular. **(C)** Straighten your legs one at a time without losing the height of your hips. Lift your hips higher without hardening your buttocks. Press your shoulder blades against your back torso to support the lift of your chest. Without compressing the back of your neck, slowly drop your head back. Hold for 30 seconds, then sit back down.

SUN SALUTATION

(A) Stand with both feet touching. Make sure your weight is evenly distributed. Exhale. **(B)** Inhale and raise your arms upward, stretching them above your head. Relax your neck. **(C)** Exhale while slowly bending forward until your hands are in line with your feet. Press your palms down, fingertips in line with toes (bend your knees if you have to), and touch the floor. **(D)** Inhale, straighten your legs, flatten the back and look forward. Rest hands on your knees. **(E)** Place palms shoulderwidth apart on the ground and step feet back into a plank position. **(F)** Exhale and bend elbows to lower down, keeping elbows close to the rib cage. **(G)** As you inhale, lower your pelvis to the ground and raise your head. Bend backward as far as possible, while straightening your arms.

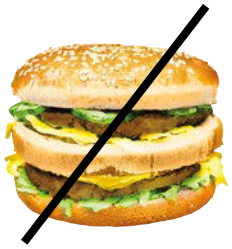


(H) Put your hands on the ground and keep your arms straight while pushing yourself into a downward dog by raising your hips and aligning your head with your arms. Stay here for 3 breaths. **(I)** Bring your feet to meet your palms and come into a forward bend. Exhale. **(J)** Inhale. Straighten your legs, flatten your back and look forward. Rest hands on your knees. **(K)** Rise slowly and straighten your back in to a standing pose. Stretch your arms above your head as you inhale.



Crush All Your Cravings

Your food fixation is likely a different desire in disguise. Don't cave! Fight back with these simple strategies instead

THE CRAVING		THE COUNTERMEASURE	
A MEATY, SAUCE-SLATHERED BIG MAC 	Did you frequent the Golden Arches with your high school friends or after acing your college exams? Those fond memories are mixed with the food you ate, says Dr Nicole Avena, a neuroscientist at Mount Sinai School of Medicine.	▸ Order a different kind of nostalgia – and hold the calories. **Check your high school bud's Facebook page,** or listen to your favourite band from college, Avena says. Even minor diversions can help you through the fast-food fixation.	
THE WHOLE BAG OF POTATO CHIPS 	Carbs, salt, and fat are the Curly, Larry, and Moe of food: as a trio, they're trouble, stirring up chemicals that block your ability to stop feeding your face, says Dr Nicole Giuliani, a psychology researcher at the University of Oregon.	▸ Think: *eating this food is not in line with my goals.* You'll activate the brain regions responsible for resolving internal conflict, says Giuliani. Also **try snacking on slices of crunchy raw jicama** or kale roasted till crispy.	
A SUNDAE WITH CHOCOLATE FUDGE 	Sugar has the power to hijack your grey matter, says Avena. Her research has found that the white stuff may intensify your cravings for pleasure-producing chemicals, such as dopamine and opioids. It's a high you're after.	▸ Smart swaps give you a fix without busting your gut. Lusting after fudge? **Have a square of dark chocolate.** Still hankering for the creaminess of the ice cream? **Eat Greek yogurt** with a touch of honey. The jones will ease.	
A HUGE, GREASY HANGOVER BREAKFAST 	You're thirsty, not hungry. Booze leads to dehydration, which makes you think you need sodium-laden diner fare. If you do eat more salt, you'll further your dehydration and plunge yourself deeper into hangover hell, says Avena.	▸ You need water and antioxidants to flush out alcohol's toxins. Fructose, a sugar found in fruit, helps metabolise alcohol, reports a Mount Sinai School of Medicine study review. So **make a fruit salad,** chug H_2O, and ponder your many mistakes.	

Want a meal with even more staying power? Toss all this with whole wheat pasta



THE FAST FOODIE

Faster than a deadly drive-thru, whip up a pile of protein and leafy greens, plus a spicy kick in the palate

Spicy Sausage with Chicken and Kale

Heat a dime-size amount of olive oil in a skillet on medium. Add ¼ pound loose pork sausage and ¼ pound boneless, skinless chicken thighs, chopped. Cook, stirring, until the meats brown, about 3 minutes. Stir in 2 minced garlic cloves and a pinch each of red-pepper flakes and ground cumin. Add ½ cup reduced-sodium chicken broth and 1 cup chopped kale; cover and simmer till the greens wilt and the meats cook through, 5 to 7 minutes. Season to taste. *Makes 1 serving*

RECIPE BY JEREMY LIEB, EXECUTIVE CHEF OF BOCA, CINCINNATI

PER SERVING
505 CALORIES, 40 G PROTEIN, 13 G CARBOHYDRATES (2 G FIBRE), 33 G FAT

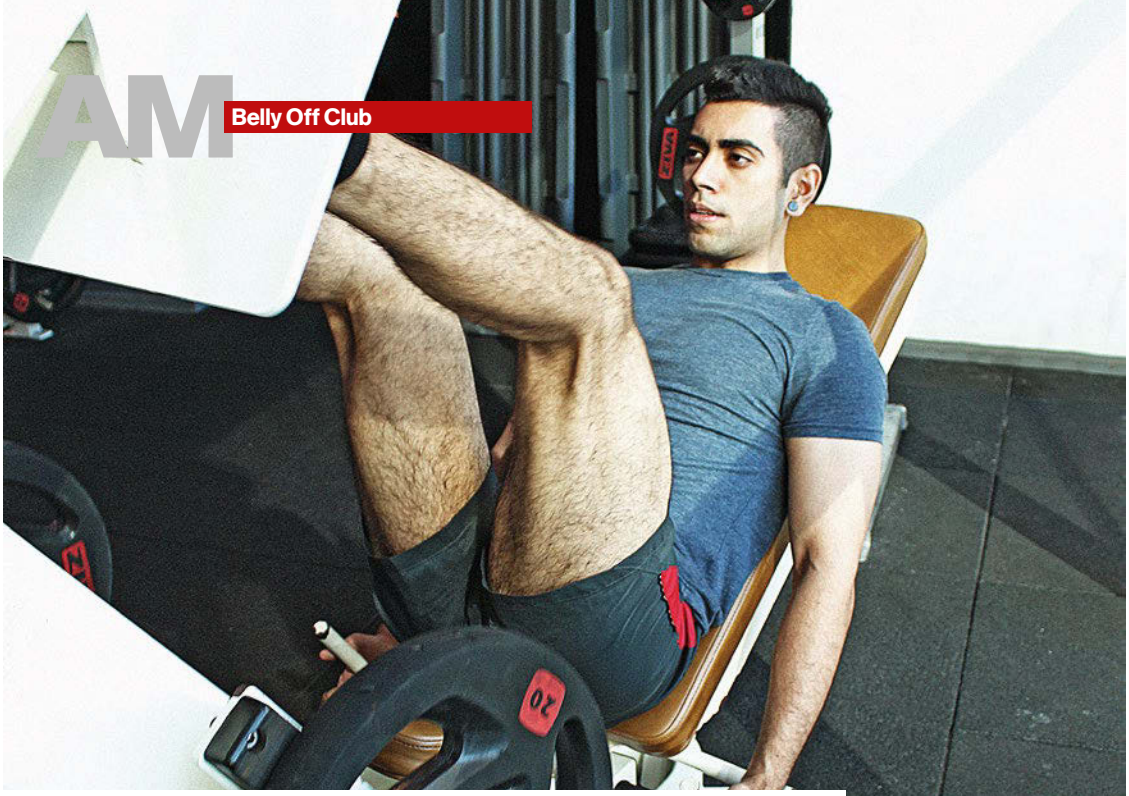
WORDS **JULIE STEWART** PHOTOGRAPH **SAM KAPLAN** FOOD STYLING **BRETT KURZWEIL/ARTDEPARTMENT** ILLUSTRATIONS **MURPHY LIPPINCOTT**

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Stop the Shamin'. Start Gainin'

Baltej Singh's had it rough when it came to weight loss. Find out how he dealt with the name calling, insecurities, slow results – and why sometimes all you need is support

NOT BREAKING NEWS. THE ONSLAUGHT of the obesity pandemic in Malaysia marked the arrival of health problems like diabetes, a severe blight on the nation's public health agenda. Take a step away from these tangible health issues and you'll uncover a new phenomenon, one that impacts the psyche directly and carries the full potential of being more crippling than the condition itself: fat shaming.

It's a predicament that Baltej Singh knows all too well. Just two years ago, the software engineering graduate weighed 120kg. Though his weight began affecting his health – he'd experience shortness of breath walking up a flight of stairs – it was the jeering that came with being overweight that got to him the most. "Friends would tease me, saying that I looked like a pregnant man or that my stomach had a mind of its own. During PE class, we'd have to jog around the field and I got laughed at because I could barely run half the field and my chest would move." He recounts that even strangers in cinemas would tell him to move away as his surplus weight spilled over his seat into that of fellow moviegoers.

Deciding that he'd had enough, Singh took the first step of reigning in his weight by exerting control over what he was eating. "I stopped drinking fizzy drinks and watched my sugar intake." He began eating three proper meals a day instead of binging on large portions and stopped snacking in between meals too. Overtime, it wasn't just his waistline that began to shrink – his portions grew smaller too. "From taking two helpings at a meal, it started becoming one. I stopped having chocolatey desserts and had apples or oranges instead." In an effort to stay on track, the self-confessed foodie says that he had to literally look away when he passed places like Baskin Robbins. "I got jealous when I went out with my family and friends. They could have things like mac and cheese, but all I had was water and a salad."

Next up, Singh registered at a gym with his cousin who was overweight at the time. "We became each other's motivation to lose weight and we'd go at least six days a week." He got to know the regulars at the gym and started asking questions about fitness to educate himself. "Results didn't come quick," he says, highlighting that it took almost three months for his weight to drop a mere two to three kilograms. "I was originally disappointed, but a personal trainer gave me some pep talk, saying it was great that I was actually making progress, as little as it was."

Singh's biggest obstacle in his weight loss transformation was the dreaded *What if?* insecurities that played on his mind: "What if this is a waste of time? What if I don't lose weight? What if the health problems and teasing never stop?" The heavy cloud of doubts almost made him throw in the towel – but he continued soldiering on, thanks to family support. Two years down the road and he's lost a total of 50kg, which he's successfully kept off.

"Do it for yourself," Singh says. "Never change your lifestyle for someone else or because of how you think it should be from TV and magazines. Losing weight is and will be a huge change of lifestyle – it'll take time and sacrifice."

Workout Routine

MONDAY: LEGS & ABS
Squats, Front Squats, Walking Lunges, Leg Press, Leg Extensions, Leg Curls, Hip Abduction

Crunches, Leg Raises, Bicycle Kicks, Mountain Climbers, Medicine Ball V-Up, Pullup Knee Raises, Hanging Leg Raises, Side Planks, Planks

TUESDAY: CHEST
Pushups, Bench Press, Barbell Incline Press, Horizontal Chest Press, Pec Flys, Cable Crossovers, Dips, Diamond Pushups

WEDNESDAY: BICEPS & TRICEPS
Barbell Curls, Alternate Hammer Curls, Concentration Curls, Alternate Dumbbell Bicep Curls

Bench Dips, Seated Triceps Dips, Standing Bent Over One Arm Extensions, Triceps Pushdown

THURSDAY: BACK
Pullups, Deadlift, Yates Row, Lats Machine, Seated Cable Rows, Single Arm Dumbbell Rows, Back Extension

FRIDAY: ABS & SHOULDERS
Hanging Leg Raises, Side Crunches, Abs Crunch Machine, Barbell Abs Rollout

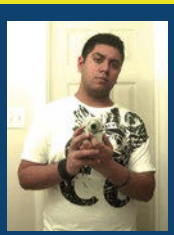
Barbell Shoulder Press, Arnold Dumbbell Press, Front Dumbbell Raises, Alternating Deltoid Raises, Face Pulls, Weighted Shrugs

Diet Regime

BREAKFAST:
Cereal, eggs (scrambled or half boiled) with toast, or sausages with eggs (sunny side up)

LUNCH:
Chicken, rice and vegetables

DINNER:
Chicken (grilled or roasted) or fish (steamed), vegetables, and rice or bread (naan or chapatti)

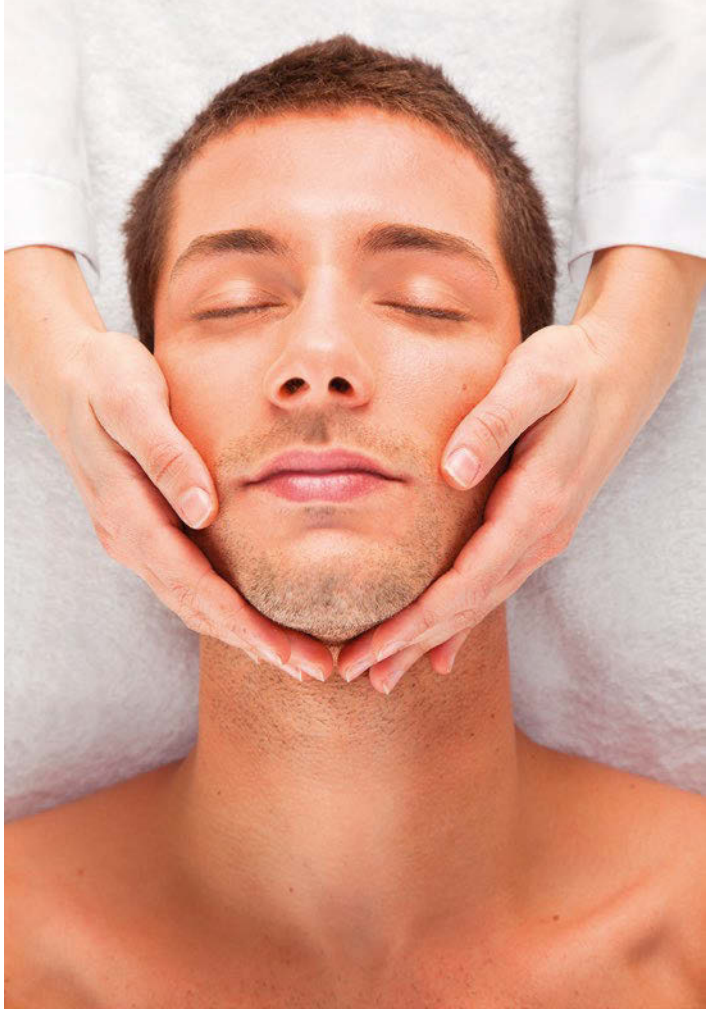


BEFORE: 120KG

AFTER: 70KG

NAME: BALTEJ SINGH
AGE: 22
HEIGHT: 178CM
TIME TO REACH GOAL: 2 YEARS

WORDS **ANIS TAUFIK** PHOTOGRAPH AND ART DIRECTION **SHAHRUL HILAL** LOCATION **CELEBRITY FITNESS, MID VALLEY**



AESTHETICS 101

by Dr Steve Chia

LASER SKIN TREATMENT

In aesthetics, laser treatment is largely used to deal with skin conditions such as pigmentation, acne, skin rejuvenation, hair removal, and scar and/or mole removal. Basically, a broad spectrum light is passed through a medium to filter them into a specific wavelength on the skin. Most conditions require more than one session to achieve the best outcome. Besides that, it also depends on which machine is used and the operator's experience.

How do you know if it is safe? Instead of the price, focus on the brand and quality while making sure it is FDA-approved. So talk to your doctor and do your research before signing up for a treatment. The Internet is a good starting point. The general rule of thumb is this: if you can't find reliable information on the treatment you're doing, you should most probably pass on it! What's more, in Malaysia, medical practitioners are the only people allowed to legally perform the procedure as the machine is considered a medical device.

NEUROMODULATORS

The basic gist of what a neuromodulator does: it renders part of the treated muscle weak or non-functioning for a temporary period of time. Think of it as a sleeping pill to the muscle. Medical practitioners first utilised the medication's unique characteristic to treat conditions with hyperactivity of muscle movements such as spasm and nystagmus (involuntary eye movement). It was then tried on facial muscles at very small doses to improve the appearance of wrinkles; today it's widely used for various cosmetic treatments including facial slimming, brow lifting and correcting gummy smiles. So is the neuromodulator safe? One of the widely used neuromodulator is BOTOX®. It is FDA-Approved and approximately 10.9 million vials have been sold in the United States since 2002. The results are sure, quick and predictable without long-term side effects.

DERMAL FILLERS

When you age, de-volumisation as a result of muscle, bone, skin and fat resorption causes your face to appear sunken and old. This is where fillers come in. The same fillers that medical practitioner use to restore lost facial volume are also used widely for non-surgical nose, chin, cheek or lip augmentation.

There are many types of fillers in the market such as the famous hyaluronic acid fillers as well as calcium-based fillers, polylactic acid fillers and collagen fillers. The safety profile of each individual fillers lies on many factors – it's only through consultation with your doctor that the decision on the ideal option can be made.

This procedure is also referred to as liquid face sculpting and liquid facelift. The results are natural with little to no downtime. At Sliq clinic - where only FDA-approved fillers such as Juvederm, Restylane and Beletero are used – there is a high demand for this procedure to correct tear trough (deep sunken eyes that are perceived as dark circles), flat nose bridge, thin villainous lips and short, receded chins.

MICRODERMABRASION

Microdermabrasion is one of the most popular aesthetic procedures worldwide, surpassing that of neuromodulators and dermal fillers. The term microdermabrasion covers a wide range of mechanical resurfacing skin procedures including the conventional method of stripping away the superficial epidermal layer with abrasive tips to give the skin a polished feel.

And then there is the newer method of dermal infusion where in the process of clearing debris, oils and other impurities from the skin, an appropriate therapeutic treatment serum is also delivered. SilkPeel® is one of the popular treatments that's effective for a variety of skin conditions including sun damage, and dry, oily and acne prone skin. It can also be used to treat hyperpigmentation on the face, back, chest and even dark eye circles. The whole procedure takes only about 15 minutes and can be repeated monthly for immediate and long-term results with no downtime.



Dr Steve Chia, MBBS, AAAM (USA), is the medical director at Sliq Clinic. He has passions in aesthetic medicine and emphasises on delivering the best available treatment to his patients.

First Floor, Oasis Village,
Oasis Ara Damansara,
Petaling Jaya.
Tel: 017-2775580
fb.com/sliqclinic

Insightful Inside

Personalise the interior of your car and make it as comfortable as possible



Qhalis Najmi, our regular motoring contributor, is an experienced automotive journalist and photographer.

Good looks and relentless performance are just two aspects of any car. What matters most is where we spend most of our time while driving. Here are five simple hacks to make the interior of your car a more pleasant place to be:

1/ INTERIOR CARE AND DETAILING

After clocking some mileage, the interior of your car can get quite dirty. Even after sending it to the car wash, the seats and dashboard aren't necessarily cleaned and maintained.

You can do it yourself over a weekend, or leave it to the professionals. Interior cleaners will set you back RM40 (Meguair's Quik Interior Detailer *meguiarsdirect.com.my*) for the basics to about RM150, depending on the material of your car. Or send to the pros for a proper detailing job, which usually includes polishing, steam washing and material conditioning. It will not only look new, but also smell like a brand new car!

2/ SUEDE STEERING WRAP

If you're going to luxuriate your interior, this is the material to go for. Suede is aesthetically pleasing: the soft and silky texture can enhance your senses, while its ability to dispense heat means parking under the Malaysian sun won't result in burnt hands! Suede gives you a better grip too, which increases safety. Most car interior specialists can get it done for you from RM300 to RM800.

3/ WIRELESS MUSIC STREAMING

Every new car on the market has Bluetooth these days, and it's great for streaming your jukebox on the move. If your car doesn't have it, then aftermarket is your best option.

There are several kinds you can choose from, depending on your budget. Audiophiliacs like Pioneer (*pioneer.my*), Blaupunkt (*blaupunkt.com*) and Kenwood (*kenwoodworld.com*) will offer you some of the best choices for under RM1,000, though without the fancy touch-screen. But if you're prepared to spend more, you can then get additional cool stuff like mirror-link, built-in GPS systems and DVD video.

4/ GPS SYSTEMS

Our freedom to drive means we might end up in places we have never been – and getting lost can be quite a hassle. GPS guidance systems are not new, but they are appropriate, convenient and necessary. Systems like Garmin (*malaysiagarmingps.com.my*) and PAPAGO! (*us.papainc.com*) are very reliable, but be prepared to spend at least RM400 on one. Invest in a good one and it will save you time and trouble.

5/ IN-CAR SMARTPHONE CHARGER

Smartphone batteries don't last, which is why this is the single most important add-on for your car. Choose from USB chargers or those that are dedicated to your phone. With prices starting at RM25, in-car chargers are designed to save lives – in theory – when you least expect it. However, this might not apply to certain new releases that are currently available in the market.



WORDS **QHALIS NAJMI** PHOTOGRAPHS **ISTOCKPHOTO**



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HTC One M9+

HTC unveils the new HTC One M9+, a practical yet unassumingly sophisticated smartphone. The HTC One M9+ maintains its all-metal body design but adds a few new enhancements, such as a 5.2-inch 2K display and fingerprint authentication. A MediaTek Helio X10 processor powers the smartphone up to a blinding speed of 2.2GHz, which makes multitasking and running apps feel seamless. In addition, a 20MP Duo Camera with sapphire cover lens, NFC technology, and dual front-facing speakers rounds up its capabilities.

htc.com/sea
RM2,599



ASUS Zenfone 2

Introducing the ASUS Zenfone 2, the latest addition to the ever-popular Zenfone series. The Zenfone 2 is supported by the latest 64-bit Intel Atom Super Quad Core processors that enable smooth and speedy operations. The user-friendly interface makes it easy for anyone to enjoy a seamless experience when running apps and surfing the web. Ergonomically designed, the Zenfone 2 is made for easy one-hand operation – perfect for the busy multitasker. To sweeten the deal, a 13MP PixelMaster camera captures high-quality pictures and videos in any situation.

store.asus.com/my
From RM899



Huawei Honor 6 Plus

In terms of looks, the Huawei Honor 6 Plus isn't exactly a frontrunner. While its slim, angular design is nothing we haven't seen before, it compensates with 3GB RAM, 32GB ROM, and the fact that it is the first of the Honor series to sport LTE capabilities combined with Kirin 925 Octa-core processors. What truly takes the cake is the unique dual 8MP rear cameras. These work in tandem to focus faster and provide stunningly detailed images, especially during night shots.

vmall.my
RM1,399



Samsung Galaxy S6 Edge

The Samsung flagship smartphone returns and it aims to "edge" out its competition. The world's first curved 5.1-inch display boasts an elegance never before seen in smartphones.

The glass body is made from Corning Gorilla Glass 4 to provide incredible durability. Other notable features include a 16MP rear/5MP front camera, wireless charging capabilities, and the new Exynos 7420 chipset – a powerful processor at the heart of the Galaxy S6 Edge.

samsung.com/my
RM3,099



Sony Xperia E4 Dual

Simplicity – this is what the Sony Xperia E4 Dual is all about. Backed by a reliable MediaTek MT6582 processor, the Xperia E4 Dual offers a user-friendly experience that enables easy access to apps, games and other essential features. Plus, the new dual-SIM function allows you to utilise one SIM card and receive calls with the other. Worried about battery life? No sweat, the Xperia E4 Dual is designed to keep up with your hectic mobile life and last for two days without charging.

sony.com.my
RM459

WORDS **IVAN CHEONG**

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WATCH



The Man From U.N.C.L.E

The 1964 TV series of the same name comes back to life on the big screen this year with Henry Cavill, Alicia Vikander, Hugh Grant and Armie Hammer. In *The Man From U.N.C.L.E* (acronym for the "United Network Command for Law and Enforcement"), agents Napoleon Solo and Illya Kuryakin join forces to fight against a mysterious criminal organisation to avoid a worldwide disaster. And as plots go, time is not on their side. With Guy Ritchie in the director's seat, you know you'd need to buckle up for this action-packed film. Opens August 13.

LISTEN



Jason Derulo
Everything is 4
(SONY)

The pop prince seems to be doing a very consistent job on the charts and you can't seem to escape his latest '80s-influenced single, *Want To Want Me* when you turn on the radio. Don't expect a *Wiggle* on this album as Jason Derulo evolves sound-wise with help from his friends like Jennifer Lopez, Megan Trainor, Keith Urban and even Stevie Wonder. *Everything is 4* is definitely good enough of a pop album to get you through a fun 38:45 minutes of cardio.



Jamie xx
In Colour
(YOUNG TURKS)

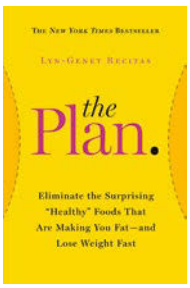
This debut solo album by English indie band The xx's main man has garnered plenty of attention even before its release. As one of the biggest names in the electronic music scene, there was no doubt *In Colour* will be packed with what the future sounds like from *Gosh* to *Girl*. Overall a very stunning debut album by Jamie xx showcasing what he is capable of doing on his own. You would want to play *In Colour* at the next house party for that cool factor.



Florence + the Machine
How Big, How Blue, How Beautiful
(UNIVERSAL MUSIC)

You can always count on Florence + the Machine to bring arena-ready tunes, catchy hooks and theatrical vocals. This album is packed with powerful and dramatic notes with incredible use of instruments without being too much – nice enough to go for a few more rounds. Florence is so good at playing with our emotions with all that girl power. *How Big, How Blue, How Beautiful* showcases masterful musicality; this is definitely an incredible progression from her last album.

READ



***The Plan* by**
LYN-GENET RECITAS

This book is a 20-day programme to help you understand what is effective and what is not when it comes to your own body. *The Plan* breaks it down with detailed meal plans, recipes and advice; from knowing what food is causing your weight gain, to avoiding that bloated feeling. Lyn-Genet Recitas will make you realise that carbs and portion sizes are not the main problems. The practitioner wants her readers to cleanse and do tests with various foods to aid your physiology.

CALENDAR

UNTIL 2 Sisa-Sisa
This Mark Beau de Silva-directed play of four parts features the tales of people in different situations, from a mother at her husband's funeral, to two strangers trapped in an apartment.
www.klpac.org

UNTIL 2 The Official Story of Liverpool Football Club Musical Show
This musical will be taking place at Stadium Negara for three nights only! It'll bring the best Reds' moments to life in conjunction with the club's 120-year history.
www.saikrisleisure.com

7 Rainforest World Music Festival 2015
The three-day festival held at the luscious, green grounds of Sarawak Cultural Village will see renowned world musicians from all over the world. Don't miss out on this Borneo experience.
www.rwmf.net

UNTIL 30
George Town Festival 2015
George Town Festival returns with another round of celebrations in honour of the city. The month-long event of arts, culture and heritage is already one of Asia's most exciting events.
www.georgetownfestival.com

SLEEP TO HEAL

Turns out, sleep might just be what you need to heal a broken heart. Don't bat an eye at what University of Arizona researchers discovered: following a set sleep schedule (going to bed and rising at the same time daily) helps boost your recovery after a breakup. Getting adequate shuteye doesn't just increase alertness – it helps you manage difficult feelings like dealing with separation issues better.

WORDS SARAH CHAN

DIRTY RICE 2.0
(serves 4)

Slow cook brown rice with mixed veggies, minced beef, herbs and homemade beef stock

Preparation: 20 minutes
Cooking: 30 minutes

INGREDIENTS:

- Brown rice 1 cup
- Onion 80g
- Garlic 2 cloves
- Carrot 80g
- Beef stock 1 ½ cup
- Minced Beef 600g
- Thyme 2 springs
- Rosemary 1 springs
- Salt and pepper

METHODS

1/ Soak brown rice with hot water
2/ Season minced with salt and pepper
3/ In a non-stick pan brown minced beef over medium heat
4/ Drain minced and set it aside for cooling
5/ Follow on sauté garlic, carrot, mushroom, and onion with olive oil over medium heat.
6/ Drain and add in soaked brown rice when veggies turned brown
7/ Add in beef stock rosemary and thyme, bake it in the oven over 180 degree Celsius for 20 minutes
8/ When its cooked add in minced then serve

Huios meal prep

Meals was prepared by Huios.com.my
For further information visit; http://www.huios.com.my/



1 2 3

Trade Out Your Tee

Not all T-shirts all created equal. We'll help you identify the right one for you

❶ **BANANA REPUBLIC** *fjbenjamin.com RM89*

❷ **SUPERDRY** *fjbenjamin.com RM159*

❸ **PESTLE & MORTAR** *pestlemortarclothing.com RM70*

THE HUMBLE T-SHIRT FORMS THE FOUNDATION OF EVERYMAN'S WARDROBE. But this closet essential offers advantages beyond simple comfort that often go untapped. In fact, if you choose wisely, a great tee can hold the secret to making you look slimmer and stand out. Try these three easy ways to harness the power of your wardrobe's most underrated wingman.

A/ Reveal Your Guns

You don't go sleeveless to showcase the muscle you've packed on. Just take the weight out of your shirt with a "burnout" tee – one that's perfectly worn in and looks a little vintage. The lightweight fabric will hang neatly across you to reveal all the hard work you have done, says Michael Ardelean, VP of merchandising for Alternative.

B/ Hide Your Gut

A dark tee helps hide extra pounds. Black and grey don't reveal shadows, so they're naturally slimming. "They also look tough and sophisticated," say Ardelean. One catch: make sure it's not hugging your belly; you want around two to three inches of slack at the waist.

C/ Broaden Your Back

Want to minimise narrow or sloping shoulders? Try a raglan tee. The contrasting colour of the sleeves and body create the illusion of broad shoulders, says *Men's Health* US executive fashion director Brian Boyé. Raglan has a sporty look to it, so wear it only with jeans or shorts.

QUICK LAUNDRY TIP

STUCK ZIPPER
Rub a small amount of candle wax onto the area where it is stuck. Work the zipper gently until it's free.

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MH MUST-HAVE



Trimmed with black jacquard on its handles and edge, this **BONIA** travel bag gives two contrasting styles with its double round handles, and a detachable shoulder strap. Its compact designs feature zip-top closure, zippable inner pocket and flat pocket, providing you sufficient space to carry everything a man needs for a weekend getaway. *bonia.com RM859*

WORDS **DAN MICHEL** | ADDITIONAL WORDS **JOHN NG** | PHOTOGRAPH **SOULART CREATIVE**

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Parkson Pavilion KL • Robinsons The Gardens • Tangs 1 Utama
Southern Region: Tangs The Shore

Keep You Awake and Alert

These fragrances are made to keep you smelling fresh. Question: which tickles your fancy?





PACO RABANNE

1 Million EDT

This high-impact fragrance opens with top notes of peppermint and blood mandarin, followed by striking middle notes of rose and cinnamon, with a velvety combination of leather and amber at the base. *100ml RM328*



ADIDAS MEN

Pure Game

Dedicated to football aficionados, this fragrance is made with top notes of grapefruit, mandarin orange, basil and pepper, woody middle notes of lavender, guaiac wood and cypress, and a potent patchouli base with chypre incense and gourmand tonka beans, giving you sensuality, even after a sweaty game. *100ml RM32.90*



CALVIN KLEIN

ck free energy

This is an aromatic musky fragrance that opens with lively orange and zesty ginger, which leads to the invigorating combination of black pepper, lavender and jasmine before finishing off with sensual wood notes. *100ml RM299*

PRADA

Luna Rossa Sport

Inspired by the world of extreme sailing, this sleek and elegant fragrance boasts an unconventional blend of ginger, juniper berries, vanilla, tonka bean and lavender which gradually unfolds over time. *100ml RM355*



HERMES

Terre d'Hermès

If you're looking for a fragrance that is versatile enough to wear to every setting, this may be it. The alluring scent encompasses natural elements such as citrus, pepper, cedar and patchouli for a well balanced men's cologne. *100ml RM342*

HERE, THREE TIPS ON HOW TO FIND YOUR PERFECT FRAGRANCE FROM REGIONAL MARKETING DIRECTOR BODYCARE SEA ENRICO SABATINI:

1 START YOUR SEARCH EARLY.
In the morning, not only will your senses be more alert, the air in stores will be clear. The accumulated body odour of the day's shopping crowds can curdle even the strongest scent.

2 SAMPLE ON THE SKIN.
Don't just spray and sniff. And never assume a scent that smells great on someone else will suit you as well. Your individual body chemistry affects the way a fragrance smells and behaves – for example, it lasts longer on oilier skins.

3 GIVE IT TIME.
Most fragrances are constructed of three separate layers. The base notes will take an hour or more before emerging, so it's important not to rush into a purchase. It's better to spray each scent on your skin and see how you like them a couple hours on.

WORDS JOHN NG



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One Festival. One Love

Joe Sidek's the man in charge of the popular George Town Festival in Penang. Get the inside scoop on what he does as festival director, and how discovering your passion can lead to greater happiness

THE ANNUAL GEORGE TOWN FESTIVAL rolls into Penang this month, transforming the idyllic coastal city into a bustling hub of arts and culture. Joe Sidek, festival director for George Town Festival, opens up about the momentous labour of love, saying, "This is my switch." He's making an analogy about finding out what really drives you (a switch you can flick on to fire up on all cylinders) when he adds, "Although it's very stressful and I face many hurdles, I've never been happier." He describes that magical moment in life when you realise your calling and your path forward becomes illuminated, saying **"It's the day you find the meaning behind why you're here; when you enjoy yourself and realise that your mind and soul are linked."** According to him, the true measure of a man's success ultimately depends on a single factor: happiness. **"Being happy is what makes it work, to really find your reason, purpose and meaning."**

Sometimes, we're so gung-ho about getting ahead that we lose sight of the present moment within our grasp, says Joe. Highlighting that there's only so much you can plan, he emphasises the importance of staying level-headed and not forgetting where you already are in the pursuit of loftier goals. **"Try to be calm and enjoy the process,"** he suggests. **"If you're enjoying it, it won't be work – it'll be passion."** He confesses that he'd been insecure about his role with George Town Festival in the beginning and even wondered what he was doing on some days. **"But when I started to enjoy it and not think of it as a challenge, I found it easier to share what we were doing."** The rave reviews that the Festival's gotten each year have also affirmed that he's on the right track, "It's a great feeling when ordinary people that I don't know or have never met come and say 'thank you.'"

How do you stay upbeat and creative with a month-long festival, year in and year out? A good indicator is how curious you are about the world around you. "I don't feel burnt out. You get on this very exciting learning path. It's very inspiring and brings me great joy." Don't be afraid to discover what's out there, Joe says. "I'm 57, but I'm still exceptionally curious about things. I like learning new things and finding out little trivial information about trees, houses, personalities or history. A lot of images inspire me too."

But Joe's quick to point out that in order to be successful, you've got to ultimately know your limits and the various factors that can affect your journey too. **"There are certain things you can and can't do. What you can't do, you can't change. Just do your best, forgive yourself and be steadfast."**

ACHIEVE YOUR WILDEST DREAMS

EMBRACE UNCERTAINTY

"There's a reason for everything that happens – if you leave it to the hands of faith, destiny and maktub, you'll see. If something's not meant to be, take it as a challenge for that moment. It's not forever and maybe next year, you'll do better. Also, realise that you're not the most important person in the world – there are people around you, so be understanding that sometimes things don't work.

CREATE A MEMORY BANK

"I've always stored everything that I've ever seen in my head space so I can call it back. It's a memory bank that guides and makes me happy. It's filled with things that excite me. It's about learning and enriching life, meeting people, working on projects – you get to be creative, clever, interact with people and make them happy."

DON'T LIMIT YOURSELF

"One of the reasons why I bring some of the big shows and acts that I do is to inspire our local creative practitioners – it's purely to nudge and cajole our own artists. I feel that we can go far if we see what others are doing and how they do it. We need better opportunities and platforms."

OVERCOME TIME AND BUDGET

"We only had six weeks and a small budget to prepare for the first Festival in 2010. It was a bit scary, but we made it work. Looking back now, I see that the prospect of not having money or proper performing spaces were probably the best handicap I ever had – it made us think about how else to use George Town as a canvas."

WORDS ANIS TAUFIK **PHOTOGRAPH** GEORGE TOWN FESTIVAL

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DESIGNED BY
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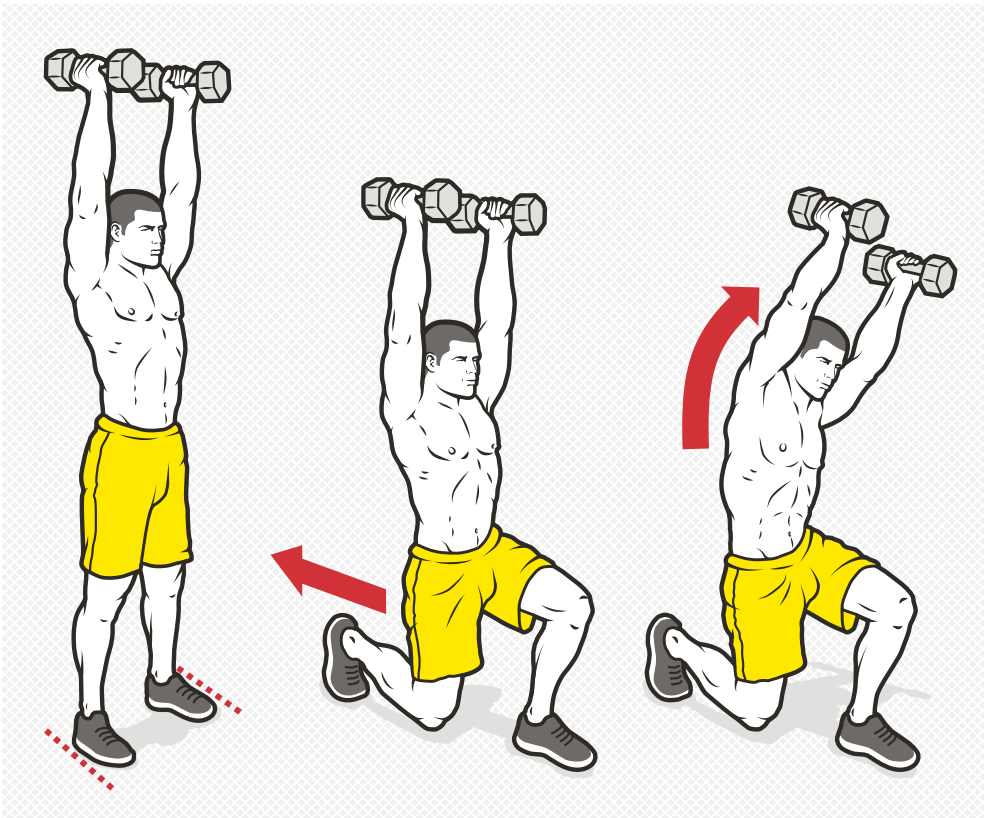
EQUIPMENT
Dumbbells, bench, medicine ball, box, power rack with bar, Swiss ball, Valslides (or other sliding device)

CALORIES BURNED
321*

TIME 30 minutes

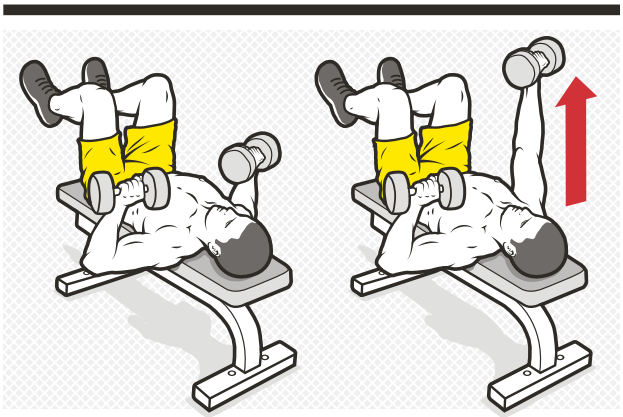
*As measured by a fit 6'2", 185 lb man using a Polar M400 heart rate monitor

DIRECTIONS
For the next month, replace one workout a week with this routine. Perform each exercise in the order shown without resting between moves. Once you've finished all eight exercises, rest for 1 minute. That's 1 circuit. Do 3 circuits to complete the workout.



1/ Overhead Alternating Reverse Lunge with Side Bend

Hold a pair of dumbbells over your shoulders, your feet shoulder-width apart. Step back with your right leg into a lunge, lean left, and return to the starting position. Do all your reps on your right leg and then repeat with your left leg (leaning right). **Reps:** 8 per leg



2/ Feet-Elevated Dumbbell Alternating Chest Press

Lie on a bench holding a pair of dumbbells at the sides of your chest, palms forward. Raise your legs so your hips and your knees are both bent 90 degrees. Press the weight in your right hand straight up above your chest; then lower it. Repeat with the weight in your left hand. Continue alternating. **Reps:** 8 per arm

Revive ISOTONIC DRINK

REV UP YOUR EXERCISE AT WORK WITH REVIVE ISOTONIC

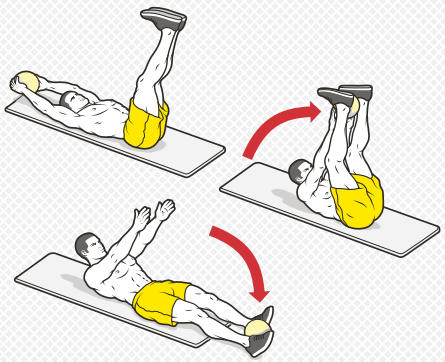
REVIVE ISOTONIC RECOMMENDS: Grab a colleague and challenge him or her to a short race at the office compound. Running at a pace of about 13km/h for just 10 minutes will burn 117 calories. Keep playing with Revive Isotonic.



ILLUSTRATION +ISM PORTRAIT ILLUSTRATION MARCO GORAN ROMANO ICONS HUBERT TERESZKIEWICZ

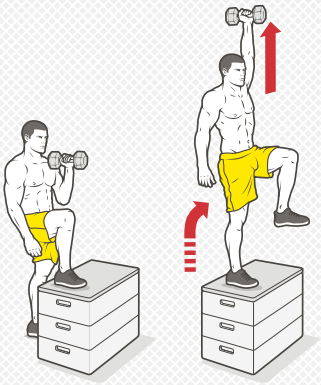
3/ Medicine Ball Transfer

Lie faceup on the floor with your legs straight and hips bent 90 degrees. Hold a medicine ball above the top of your head. Keeping your arms straight, raise the ball and place it between your ankles. Use your feet to lower it to the floor; then raise it back up and grab it with your hands. Return to the starting position and repeat. **Reps:** 12



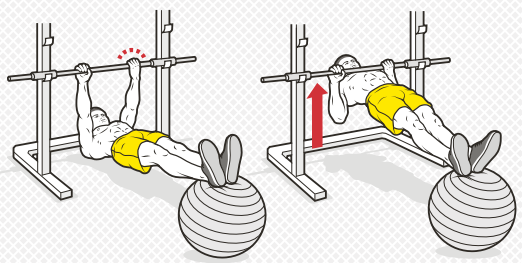
4/ Offset Stepup Shoulder Press

Hold a dumbbell in your left hand in front of your left shoulder, palm in. Place your right foot on a tall box or bench. Simultaneously step up with your right leg, raise your left knee, and press the dumbbell directly above your shoulder. Return to the starting position. Do all your reps, switch sides, and repeat. **Reps:** 8 per leg



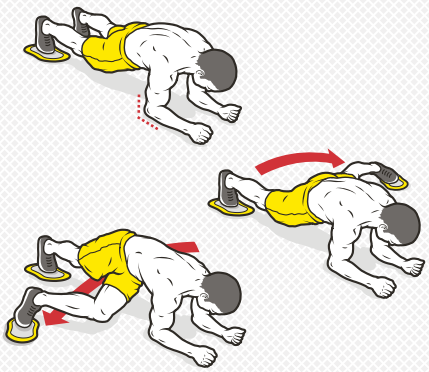
5/ Mixed-Grip Feet-Elevated Inverted Row

Set a bar to waist height and position yourself beneath it, hanging at arm's length with one hand facing forward and the other facing back. Put your feet on a Swiss ball. Pull your chest to the bar. Lower and repeat. Switch hand positions after 4 reps. **Reps:** 8



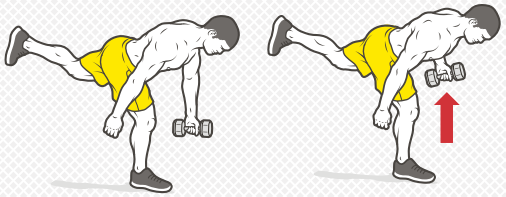
6/ Side-to-Side Glider Plank

Assume a plank position with your elbows bent 90 degrees and feet shoulder-width apart on Valslides (or hand towels or paper plates—anything that slides). Move your left foot in an arc away from your body, and then pass it beneath your body, to your right. Do all your reps; then repeat with your right leg. **Reps:** 10 per leg



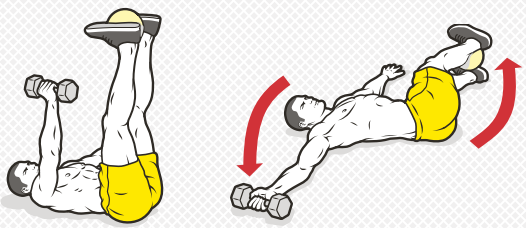
7/ Single-Leg Straight-Leg Deadlift and Row

Stand with a dumbbell in your left hand and your weight shifted onto your right leg (lift your left foot slightly off the floor behind you). This is the starting position. Push your hips back and hinge forward, raising your left leg. Row the weight to your side. Return to the start. Do all your reps, switch sides, and repeat. **Reps:** 8 per side



8/ Weighted Half Wiper

Lie on your back holding a medicine ball between your feet, keeping your legs perpendicular to the floor. Hold a dumbbell in your right hand directly above your chest. Lower your legs and right arm to the floor in opposite directions. Reverse the move to return to the starting position. Complete all your reps, switch arms, and repeat in the other directions. **Reps:** 10 per side



HARD-CORE POWER BOOST 3 EASY WAYS TO MAKE EVERY AB MOVE MORE EFFECTIVE.

EXHALE COMPLETELY
Doing so at the start of a move brings your ribs down and fully activates your abs, says Doug Kechijian, DPT, at Peak Performance in NYC.

BREATHE DEEPLY
Keeping your ribs down and breathing deeply as you do the move will boost your stability, spinal support, and power, says Kechijian.

ROUND YOUR UPPER BACK
Slightly rounding just your upper back engages your abs and your diaphragm, your body's strongest breathing muscle.



Take a ride on the wild side and discover Camsur's pristine natural environment

Cruising Camsur

The Camsur region of the Philippines is a wild and wonderful place for a spot of adventure

LOCATED IN THE HEART OF THE BICOL REGION OF the Philippines is Naga, a small but bustling city in the southern quarter of Camarines Sur.

Camsur, as the region is known, was once one of the most impoverished areas in the country. But thanks to the enterprise of the local government and the development of the Camsur Water Sports Complex (CWC), it hit the tourist map a few years ago and has since been thrust into the spotlight.

While most people come here for wakeboarding at the CWC, the area's true beauty looms between its rugged coastline and cone-shaped volcanic peaks, which define this craggy and tropical region's skyline.

The city of Naga itself is a bubbling place, where a taste for street wisdom comes in handy. For all things Camsur, Naga is the gateway and service point. Unlike many more "sanitised" regions of Southeast Asia, things here are a bit more "real" and require some effort to pull off.

Dominating the regional skyline is Mount Isarog, which guards the city from afar. Here you'll find some truly wild adventures – on four or two wheels – which, when coupled with a splash at the CWC, makes for a great adventure.

ROUTE MASTER

TAKE A HIKE

Just under 2,000 metres high, Mount Isarog and its jungle-clad slopes make for a tough two- to three-day climb. The going is not technically demanding, but camping and carrying provisions are essential – hence, hiring a guide and gear locally is a wise move.

It is also inside the National Park, so fees and permits need to be arranged upon arrival.

Should the summit trek seem a little heavy, there are many shorter trails around the lower slopes of the mountain, too. A useful website for information is *www.pinoymountaineer.com*.

WHEELS OF CHOICE

The region is blessed with great roads and trails. Perhaps the best mountain biking in the area is on the rugged and toasty slopes of Mount Isarog. If you plan to tackle it, expect a long day; you will be riding 20km or so to and from the base.

There are many great trails here including a superb MTB downhill run, carved and rolled by local riders. There are also some sweet but shorter trails around the CWC and the Capitol building.

WET AND WILD

The Camsur Watersports Complex is one of the biggest and best-developed wakeboarding

WORDS & PHOTOGRAPHS **STEVE THOMAS**



Plenty of discoveries to be made while in the jungles of Camsur



Cool off at the Camsur Water Sports Complex after a hard day of riding

centres in the world, and most visitors come here simply to splash out. It costs about RM40 for a half-day and RM15 for use of the winch park.

WHERE TO STAY

There are a few hotels in Naga City – which is great if you want to be in the centre of town – but it would be better to stay at the CWC, where various grades of accommodation are available. The tiki huts are the cheapest, while the cabanas provide the best value.

Prices start from approximately RM90 per room. Check out *www.cwcwake.com* for more information.

WHEN TO GO

Avoid the rainy season, which is wettest between July and August. It's essential to book accommodation in advance, especially during local holiday periods. Also be sure to confirm shuttles, transfer times and pick-up points – in the Philippines, things don't always work on schedule.

ESSENTIALS

The are mountain bikers and travel agents who offer guides and tours in Naga, but no online contacts – if you find one upon arrival, treat it as a bonus.

Filipino food is an acquired taste. There are several restaurants and bars around the old city centre, and some good coffee shops, pizzerias and decent eateries at the SM Mall (which closes at 9pm). The onsite restaurant at the CWC is pretty good too and not expensive.

All water sports gear can be bought or rented onsite, but bring your own if you have it.

GETTING THERE AND AROUND

The best option is to fly to Manila Airport (not Clark). Air Asia, Malaysian, Philippine and Cebu Pacific Airlines all have regular direct flights from Kuala Lumpur.

From there, book an onward flight to Naga (Cebu Pacific or Air Phil Express, around RM150 each way). There are several flights each day.

From Naga Airport, take either a free shuttle transfer or a trishaw to the CWC. ■

camel active

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MENSWEAR SPRING/SUMMER 2015

VINTAGE TRAVEL ROUTE

The 2015 spring/summer *camel active* menswear collection "Vintage Travel Route" is inspired by the early 1950s when personalized travel started and became an expression of freedom and personal choice.



As a result, a blend of old and new, past heritage and present day take centre stage in the new *camel active* menswear collection

To complement the old and new aspects, *camel active* offers 3 different types of washed canvas & crinckled nylon Bags.

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Add these to your timetable for an a-grade intellect



Stay Top of Your Class

Plug the 24/7 brain drain that is modern life AND keep your mind at its peak using these ten strokes of gourmet genius

MOST OF US WOULD LIKE TO BE A LITTLE SMARTER. SCRATCH THAT, MOST of us would like the kind of Nobel prize-grade processing powers that would cut back on overtime and place us first in line for a promotion. Granted, a bowl of blueberries won't make you Stephen Hawking, but UCLA research confirms the right foods will sharpen your mental functions. And as man cannot subsist on berries alone, *MH* foraged for nine other brain-boosters and tasked chef Florence Knight with turning them into delicious meals. Fire up the stove –and watch your neurons follow suit.

01/ Garlic
Its vit B6 helps you build thought-quickening neurotransmitters

02/ Carrot
Beta-carotene slows mental decline, so you won't ask, "What's up, doc?"

03/ Rye bread
Low-GI carbs deliver glucose for concentration, with no sugar slump

04/ Beetroot
This nitrate-rich root boosts blood flow to the brain and halts dementia

05/ Plum tomatoes
Your salad staple is high in lutein, which aids learning and memory

06/ Wild salmon
Ain't no sunshine? This is a top source of brain fog-clearing vit D

07/ Celery
Make yours a bloody mary: luteolin in celery disease-proofs brain cells

08/ Hazelnuts
They're full of flavonoids that curb inflammation in your grey matter

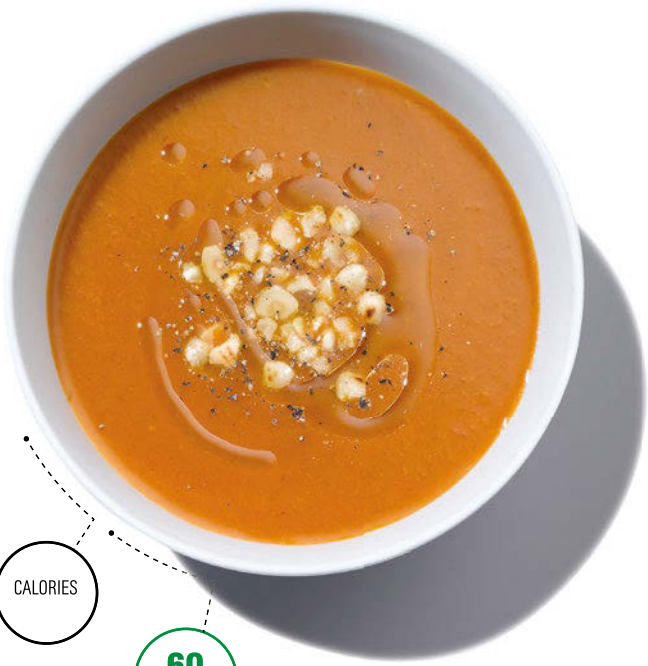
09/ Blueberries
Add extra cash to your memory bank with these antioxidant bullets

10/ Acorn squash
The root veg contains folate, which improves cognitive function

†ALL PER SERVING | PHOTOGRAPHY **LOUISA PARRY** FOOD STYLIST **NATALIE THOMSON** HIGHLIGHTERS, NEON ARROW PAGE MARKERS, LEXON BURO HOLE PUNCH, NEON STICKY TABS, LEXON BURO STAPLER, NOTO MEDIUM-RULED JOURNAL, MILAN EXTENDABLE SHARPENER, ALL THANKS TO **PAPERCHASE.CO.UK**; DESK CALCULATOR, ACRYLIC FOLDING RULER, BOTH MUJI.EU; RETRO STYLE GEOMETRY SET **POSHTOTTYDESIGNS.COM**

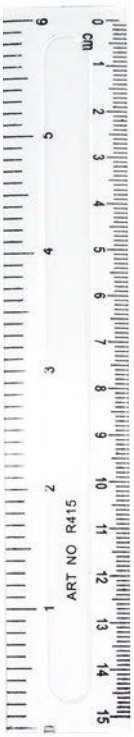
01 SMARTER STARTER
NUTTY SQUASH AND TOMATO SOUP

SERVES TWO
- A squash
- Olive oil, glug
- Hazelnuts, 2 handfuls
- A red onion
- A carrot
- A celery stick
- Garlic clove, crushed
- Turmeric, ½tsp
- Chicken stock, 500ml
- Whole plum tomatoes, 1 tin
- Salt and pepper

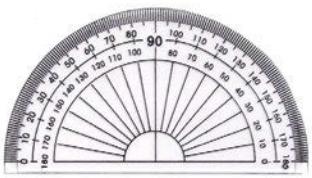


CALORIES

60 MINUTES





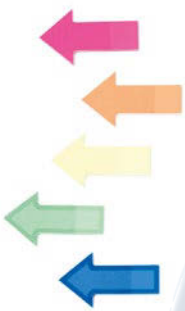


Put theory into practice for a big bang of benefits

METHOD
01/ Bin that sorry-looking packaged soup taking up fridge space – this is superior both in its flavour and antioxidant count. De-seed the squash, pour a little oil over it and bake for 40 minutes at 180°C.
02/ Roast the nuts for a few minutes, then wrap in a tea towel. "Rub them together," says Knight. "The skins will just slide off." Crush the hazelnuts with a rolling pin.
03/ Fry the chopped onion in a pot with a pinch of salt. Add carrot and celery for five minutes, then garlic and turmeric.
04/ Take the squash out of the oven and scoop its flesh into the pot. Pour in the stock and tomatoes, then simmer. Once the veg are soft, tip the lot into a blender and blitz. Season, top with nuts, and slurp as you fly through your paperwork.

02 FISH FOR THOUGHT
SWEET CURED SALMON ON RYE TOAST

SERVES FOUR
- Beetroot, 45g
- Blueberries, handful
- A lemon, zested and juiced
- Salt, ½tbsp
- Muscovado sugar, ½tbsp
- Wild salmon, a side
- Rye bread, 8 slices
- Butter





398 CALORIES

05 MINUTES



METHOD
01/ This head-healthy dish is quick to throw together, but you need to do some prep the day before. Peel your beets, then grate into a bowl. Add the berries, zest, salt and sugar; the unrefined stuff hosts a range of minerals that white sugar doesn't. Crush your blueberries and mix. Coat one side of the salmon, wrap it in cling film and refrigerate overnight.
02/ The hard bit's done. Today you just need to add the finishing touches. "Rinse off the marinade and pat the salmon dry," says Knight. "Don't stick it back in the fridge – it's better at room temperature."
03/ Thinly slice the salmon, then toast your bread. Rye is darker than wheat so is easier to burn. Butter the toast and top with salmon, plus a squeeze of lemon. If you want to feel extra smart, sprinkle some flaxseeds on for a further bump of brain-boosting omegas. Serve it up and hear the dinner conversation elevate.



Make a few waves before you make a move

She's Hot. Are You Ready?

The temperature is rising. Turn up the heat on every hookup with these irresistible approaches

PUT BIKINIS, BEACHES AND BARE CHESTS TOGETHER IN 80-DEGREE HEAT, AND WHAT HAPPENS NEXT IS NO SURPRISE. In fact, people living in warmer climates report greater sexual activity, according to a recent Trojan survey. You can capitalise on that libido surge: hot weather means more opportunities to meet women who want to meet you, says Dr Christie Hartman, a behavioral scientist and the author of *Changing Your Game*. Allow us to make a few introductions.

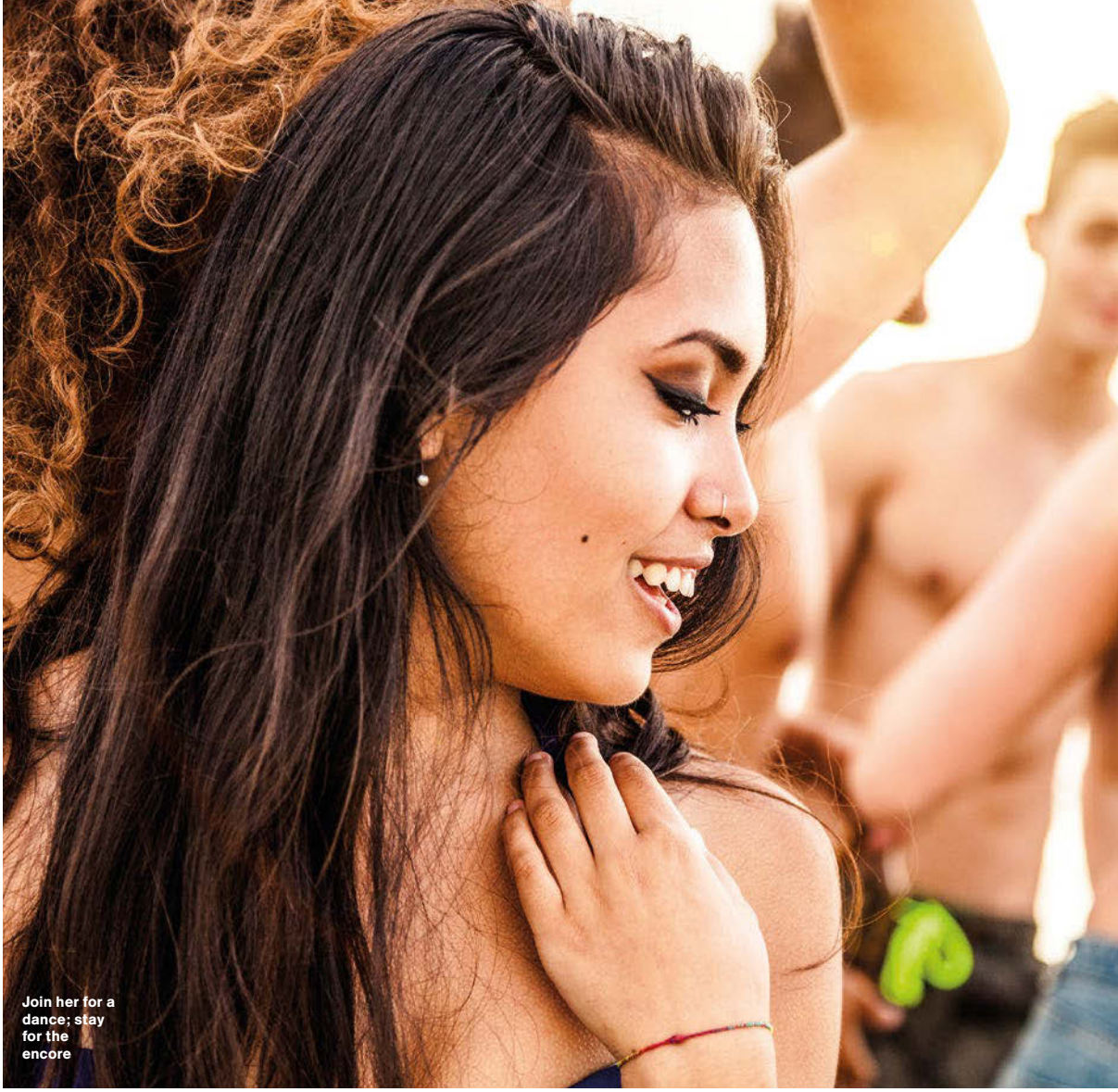
The Bridesmaid

READ HER MIND After all the primping, photo shoots, and crisis management, she's finally ready to party. "It's kind of like going to Vegas – we allow ourselves to act crazier," says sociologist Dr Jennifer Gunsaullus, author of the blog *Dr. Jenn's Den*. Better yet, she may have already heard that you're a stand-up guy: "She's probably been wrangled into gossiping about eligible guests," says Eimear Lynch, who interviewed hundreds of wedding party regulars for her 2014 tell-all book *The Bridesmaids*.

JUST "I DO" HER Lots of men go generic at weddings; you don't have to. Stand out with a non-officey shirt colour, suggests *Men's Health* US executive fashion and grooming director Brian Boyé. "For weddings, pink, yellow, or lavender are going to work more to your advantage than a basic white button-down. These colours indicate to women that you have a romantic side and are not afraid to show it," Boyé says. Smaller colourful details, like socks or a pocket square, can do the trick too.

WORDS **ANNA MALTBY** PHOTOGRAPHS **ISTOCKPHOTO**

"I go to loads of shows alone and will see guys making eyes at me all night, but they rarely ever approach," says Leah, 29.



Join her for a dance; stay for the encore

The Surfer

READ HER MIND It's not just the killer abs and toned legs she's achieved from performing her daily balancing act. "It's the independence. Plus, a woman who's having fun is naturally attractive," says Alana Blanchard, 25, a professional surfer and swimwear model from Hawaii. Dedication and self-assurance are bonuses. "She's sporty and has the confidence to go into a male-dominated setting," says Gunsaullus.

SHOOT THE CURL Respect her athleticism. Ask simple questions – "How are the waves today?" "What's your favourite surfing spot?" Then let her talk – unless she doesn't want to. "Surfing is a selfish sport, so be prepared for her to do her own thing," Blanchard says. If she's in no mood to chat, just find your own adventure – while staying out of her way. Women consider men who take on primal challenges to be more attractive, a University of Alaska study found.

The Festival Fan

READ HER MIND She's wearing a crop top that would make Rihanna blush. And consider this: if you've both emptied your savings on VIP passes, you're showing strong signs of compatibility, Gunsaullus says. "Your interests reflect your tastes, values and how you want to spend your time. The way you prioritise spending money or time is a big issue in a lot of relationships. So if you both connect on prioritising experiences over things, that's a plus."

JOIN HER PLAYLIST Show patience. Wait for the set break to go over to her – that way you won't interrupt her groove. More important, you'll find out if she's waiting on some guy. If she's free, try not to worry that you're the 10th dude to hit on her tonight. Instead, make your move with confidence – and watch her body language. "I go to loads of shows alone and will see guys making eyes at me all night, but they rarely ever approach," says Leah, 29. "If I'm into it, I'll throw some glances his way, play with my hair, keep my body language open." But if she seems distracted or fiddles with her phone, Gunsaullus says, it's likely time to book new talent.

The Gym Goddess

READ HER MIND She's crushing it at six in the morning – and her burpees put yours to shame. "Women who exercise take charge of their well-being, so they're healthier long-term mates," says Dr Paul Hokemeyer, a marriage and family therapist. But they tend to look for the same in you: "Our clients are strong and fit, and they want to be around men who feel the same way about staying in shape," says Tish Arana, who manages a boot-camp class with her husband in LA. And we'll just leave you with this: exercise can increase a woman's genital arousal, according to a study published in the *Journal of Behavioral Medicine*.

SWEAT HER OUT Time it right: don't ask her for coffee when she's banging out kettlebell swings; you'll ruin her shot at a PR and miss out on some fortuitous endocrinology. "Go up to her after the class is over," Hokemeyer says. "Vigorous exercise releases hormones that make people happy and open to others. Chemicals in your sweat even act as an aphrodisiac." Try a practical icebreaker: Arana recalls the time her now-husband gave her advice on how to work more protein into her diet.



If she seems distracted or fiddles on her phone, hold off making a move

"Female sports fans strike us as smoldering hot because they're so enthusiastic. Her ability to get fired up by brute strength and physical contact could demonstrate an openness to sexual experiences"

The Outdoor Luncher

READ HER MIND There's something refreshing about someone who doesn't feel pressured to rush back to her desk. It suggests she's able to enjoy little pleasures, Gunsaullus says. If she's alone, that choice conveys confidence, independence and an appreciation for solo time, Gunsaullus says. And if she's with friends, it's a sign that she's social. "If you approach her group, she may be impressed with your boldness," Hokemeyer says. "Women are drawn to assertive men. It's a turn-on to be around a guy who takes charge in and out of the bedroom – and she may be flattered that you've singled her out."

BRING DESSERT Read her signs: if she has her nose buried in *The Hunger Games*, it's no time to wax poetic about the mockingjay, Gunsaullus says. "After a day at the office, I don't want anyone bothering me during my downtime," says Andi, 29. But if she's looking around the park with a relaxed smile, she may be open to small talk. Just wait until she's wrapping up her meal, Gunsaullus says, and then keep things light. Assume that she probably has a job to get back to, so the sooner you ask for her number, the better.

The Superfan

READ HER MIND One word: passion. "When I'm watching the game, I'm genuinely into it," says Marissa, 30, a lifelong Packers fan. "I wear the real gear – not that bedazzled pink stuff from Victoria's Secret. I pay attention. I yell at the players." And just in case you were wondering, it's true: that intensity might just translate to the bedroom, Hokemeyer says. "Part of the reason why avid female sports fans strike us as smoldering hot is that they're so enthusiastic. Her ability to get fired up by brute strength, honed technique, and physical contact could demonstrate more of an openness to sexual experiences."

CHEER HER ON Treat her as an equal, says Hokemeyer. "Never demean her for being loyal to a team. Saying 'You're a fool for liking such and such a team' will only piss her off and shut down the conversation." Get this through your helmet too: baseball fans aren't just guys who look like Joe Maddon. Most sports boast a female fan base of 30 to 40%, according to research giant Nielsen. "Men marvel at the fact that I love sports, and that's so stupid and sexist," Marissa says.

Check out our website at **mens-health.com.my/insideout** for the latest event and promotion updates.



All New Mitsubishi Triton

Mitsubishi Motors Malaysia has launched the all new Mitsubishi Triton. Described as the "ultimate sports utility truck", the latest addition to the Mitsubishi family is designed to be functional and reliable. The sleek, sporty design optimises space and offers features including a touch audio system, reverse camera and Mitsubishi's RISE (Reinforced Impact Safety Evolution) body construction to ensure maximum safety.

mitsubishi-motors.com.my



AIA Generasi Malaysia Concert

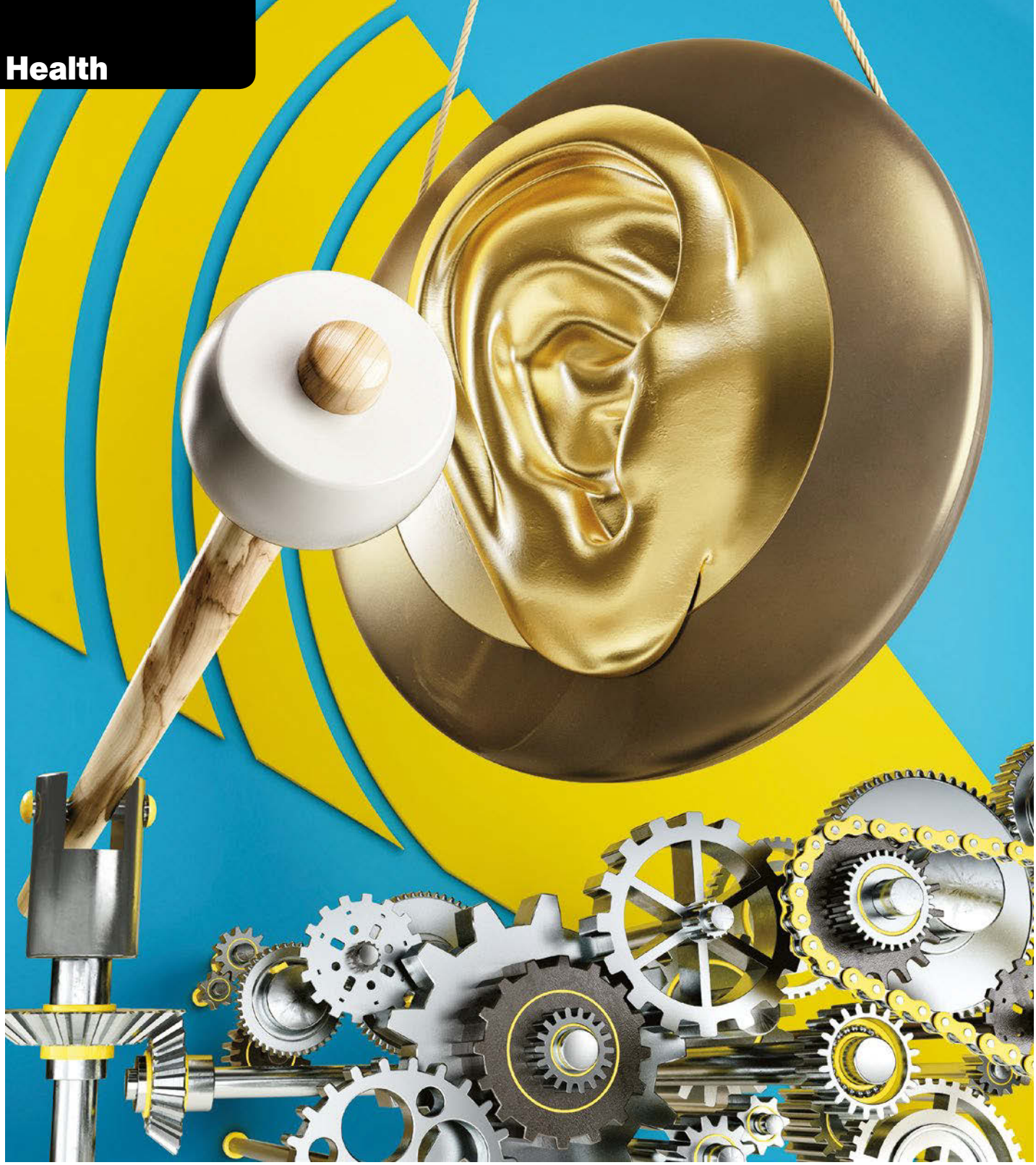
Three of Malaysia's hottest and internationally recognised artists – Gary Chaw, Shila Amzah and Reshmonu – combined their talents for the recent AIA Generasi Malaysia Concert at the Putra Indoor Stadium Bukit Jalil. Sharing the stage for the first time, the artists showcased their diversity by performing chart-toppers in multiple languages.

www.aia.com.my



A breath of fresh air

Jean Paul Gaultier's newest summer fragrance – Le Male – is inspired by Hindi, dancers, and gods and goddesses. Le Male features notes of lavender, cardamom, mint and musk to keep you smelling fresh.



The Hellish Din in My Head

Cranking the volume too loud for too long can hurt your hearing. It can also make you wish for a way to hear less

WORDS **MICHAEL PERRY** ILLUSTRATION **FOREAL**

I AM NO LOGGER (JUST ASK MY BROTHER THE logger), but we heat our house with a woodstove, and I do like to run a chain saw. So I was happy in the forest a few months ago as I revved the engine, dropping trees and bucking them into firewood length for next winter. The snarling roar of the saw rose and fell, safely muffled by my hearing protectors.

Then the saw coughed, and died. Outta gas.

The forest fell silent. But my head? Not so much. The moment the engine noise ceased, my

noggin filled with a high-tensile squeal. The sound seemed to pass through my brain, from ear to ear, like the thinnest steel guitar string drawn so taut that it seems about to snap – and yet never does.

As quickly as I could, I laid the saw down on the ground and shucked the earmuffs. The squeal didn't stop but it faded, and it no longer felt as if someone was shooting a laser beam through my skull.

MY CRANIUM USED TO BE quiet. Then 15 years ago, I pulled an all-nighter in a recording studio while wearing a pair of headphones cranked blisteringly high. When I stepped outside at dawn, my ears were making Charlie Brown wah-wah sounds. Within 48 hours, the wah-wah stopped but a ringing sound remained. I was worried: had I damaged my ears?

I made an appointment with an audiologist. Surprisingly, my hearing checked out fine, but the ringing wouldn't quit. "It's tinnitus," said the audiologist. "Some people hear buzzing or chirping. It might just go away," she said. "Or not."

It did not go away. It kept me awake at night. The more I tried to ignore it, the more it bothered me. And it didn't just bother me – it made me feel ashamed and guilty. Like it was a signal broadcasting the same unceasing message: *you wrecked your ears, you idiot.* I was depressed. I couldn't sleep. Most of all, I felt dumb for being this upset about a sound.

I wanted help, so I started researching treatment options, contacting tinnitus experts, and learning everything I could about the affliction. When you begin delving into tinnitus, you quickly discover two camps: those who say TIN-it-us, and those who say t'NIGHT-us. And good luck getting even the experts to agree.

But however you pronounce it, the condition is reported to be extreme and sometimes so overwhelming that the patients can't function normally on a day-to-day basis. It's more common among men than women – perhaps because men are more likely to be employed in noisy jobs. Emergency service personnel, such as firefighters and medical responders, and members of the US military – especially combat veterans – are at higher risk.

By the time I'd gathered all that information, several weeks had passed, and something odd had happened: my tinnitus no longer bothered me. Oh, it was still there, and I still didn't like it; but it had receded into the background. My depression and insomnia were gone.

Later – much later – would discover that the timing of these changes was no coincidence.

But for the time being, I decided that I could probably live with my tinnitus.

BEFORE YOU TRY TO LIVE WITH TINNITUS, FIND out from your doctor if you even have to. "Most cases can't be treated with medicine or surgery," says Dr James W Hall III, a professor at the Osborne College of Audiology at Salus University in Pennsylvania, "but it's always important to identify the few people who can be helped by a physician, because tinnitus might be a symptom of ear or neurological diseases that sometimes are very serious."

He's primarily talking about tumour-triggered tinnitus as well as the kind caused by cardiovascular disease. But the nonstop noise can also be brought on by Lyme disease, jaw misalignment and ototoxicity ie. as a side effect of medications including aspirin and certain antibiotics. And you know the expression "I got my bell rung"? If it keeps ringing, get checked out for a concussion, as tinnitus is a common consequence of a bad bonk.

In most situations, however, tinnitus occurs as a result of damage to the ear from too much noise exposure for too long and too often.

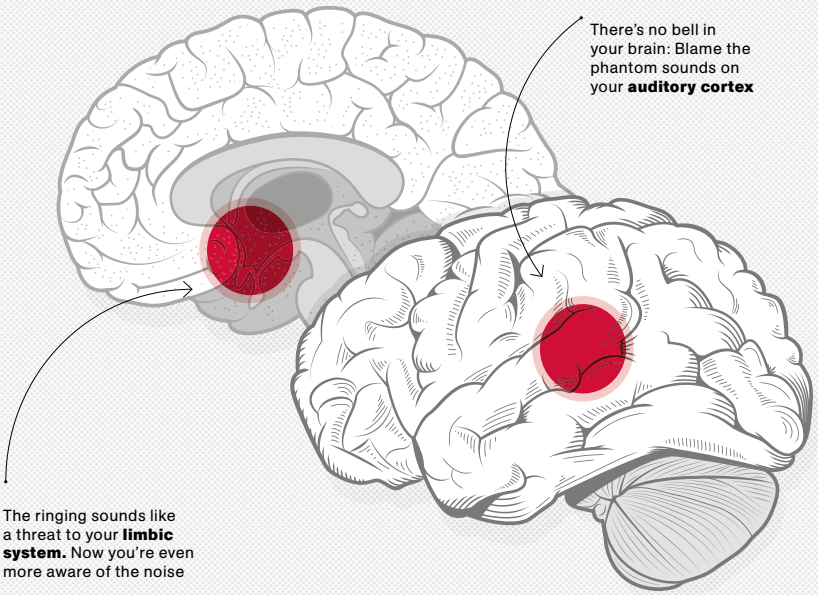
But what's funny about the condition (except to sufferers like myself) is that it truly is all in a person's head. If someone could stick a microphone inside my skull, they wouldn't hear the ringing. That's because my brain, primarily the auditory cortex, is generating only the perception of noise. In some cases, this is an attempt by the cortex to replace a frequency range that can no longer be detected due to damaged hearing. Researchers have identified some of the mechanisms underlying tinnitus perception, but unfortunately, just as often there's no explanation for why it creates these phantom sounds. That's why tinnitus is so difficult to treat, leaving those afflicted with few options and sometimes even less hope.

When Austin musician Mark Stancato wound up with a career-derailing case of tinnitus in 2013 and was told by two separate physicians that nothing could be done, he became so desperate that he considered suicide. "I remember driving home past this gun store and having visions of buying a gun, going home, writing a note and putting the pistol to my head," says Stancato.

Frightened, he sought help from a psychiatrist,

ANATOMY OF AN AURAL FIXATION

MAPPING THE CAUSE AND EFFECT OF TINNITUS



"It's a victory if someone says, 'I still have tinnitus; I just don't care about it anymore'"

"There is a link between tinnitus and the limbic system, hooking us into that fight-or-flight response. And then it's the chicken or the egg...the tinnitus may exacerbate the fight-or-flight response, the fight-or-flight response creates more of a focus on tinnitus, and so on"

who treated him with counselling and antianxiety medications. "Now I'm back at a place where it's manageable," says Stancato, who has since returned to performing. "Sometimes I can't hear it at all." But he says he'll never forget the time he was begging an otolaryngologist for help, and the doc replied, "Well, tinnitus never killed anybody."

"That isn't true," says Stancato, and he's right: he got out alive, but a 2014 report by the American Academy of Otolaryngology cites suicide as a special concern when tinnitus is accompanied by psychological issues.

RECENTLY I NOTICED THAT my tinnitus seemed to have cranked up again. I had taken to using little tricks to keep it at bay – placing my smartphone beneath my pillow at night to play white-noise apps, or sleeping with a fan running – anything to drown out the ringing. But in quiet moments it felt more pervasive, and if I popped in earplugs, it was disturbingly distracting. Now and then – especially if I was anxious or depressed – the ringing would increase, and behind it I'd hear that voice from way back: *your ears...they're getting worse...*

I recalled my first go-round with tinnitus, and how the more I learned about it – the more I faced it – the less it troubled me. And I realised that it was time to stare it down again.

I went to NYU Langone Medical Center for testing. During the exam, audiologist Dr Theresa Shaw filled my headphones with beeps, hisses, and high-frequency squeals. The verdict? "Your hearing is actually quite good," said Dr Shaw.

Whether or not my tinnitus had gotten worse was more difficult to tell, but she said that was beside the point.

"Whether the sound you are hearing is measurable in an objective way is essentially irrelevant in terms of treatment," said Dr Shaw. "Your body is experiencing it. Your body and your mind. There is a link between tinnitus and the limbic system, hooking us into that fight-or-flight response. And then it's the chicken or the egg...the tinnitus may exacerbate the fight-or-flight response, the fight-or-flight response creates more of a focus on tinnitus, and so on."

Even among experts, there is no universal endorsement of any one best way to disrupt the cycle. Some people find relief through simple interventions like hearing aids or sound generators. A rare few others require something more drastic, like cochlear implants that provide electrical stimulation to the auditory nerves. Some experience relief using alternative treatments like ginkgo biloba or acupuncture. But most experts agree that tinnitus should be treated using a three-pronged approach: audiological, neurological, and psychological.

Audiological treatment includes assessing and treating any hearing loss. The neurological component involves the use of sound to either distract from the tinnitus or retrain the brain into perceiving the tinnitus as diminished. The psychological component focuses not on eliminating the tinnitus but on reducing the reaction to it, as well as not compulsively focusing on it.

"When a patient tells me, 'I still have tinnitus; I just don't care about it anymore,' that's a victory," said Shaw.



THE NOISE OF A LAWN TRACTOR

Before you fire up any gas-powered yard equipment, don hearing protectors with an NRR (noise reduction rating) of 20 decibels or higher that sit flush around your ears. And no ball cap underneath! The extra material can compromise the seal, says Dr William J Murphy, a physicist at the National Institute for Occupational Safety and Health.

A WEEK LATER, I ATTENDED A TWO-DAY YOGA AND meditation retreat with my wife. While she has been studying, practising and teaching yoga for years, I wouldn't know a downward dog from an upward squirrel. My morning meditation routine consists of tapping my foot impatiently as the coffee beans grind.

The retreat began with an introductory lecture from a yogi, and then we closed our eyes as he led us into our first meditation.

"We must find ourselves before we can fix ourselves," the yogi said. I rolled my closed eyes but resolved to give it a try. The room was silent. Too silent, because with no background noise, my tinnitus took over, whining its way into my consciousness, crowding everything else out. I tried to ignore it and – assuming meditation requires soft, beautiful things – conjured up a flower.

The tinnitus laser beam incinerated it.

The yogi spoke, softly. "Whatever enters your consciousness can be the focus."

Whatever that means, I thought. The tinnitus came zinging back, like a stainless-steel bee.

The yogi spoke again: "Meditation is not about blocking every distraction but rather choosing one distraction and examining it."

And right then I stopped my snarky inner monologue. Rather than trying to ignore the tinnitus, or push it away, or distract myself, I homed right in on it. Tried to hear every note of it. Tried to imagine what it would look like on an oscilloscope. Gave it my deepest attention, as if it were the most beautiful song ever played.

And something weird happened: the tinnitus faded, like someone turned down the volume.

MY WIFE AND THE YOGI MAY HAVE LED ME TO THE future of tinnitus treatment. In a Duke University study, patients who were extremely handicapped by their tinnitus reported relief after adding therapies like meditation to standard treatments. And a 2015 UC San Francisco pilot study found that patients experienced a clinically significant decrease in the perceived annoyance and perception of tinnitus after attending a mindfulness-based meditation program. They had focused on their tinnitus with "curiosity" rather than trying to banish it.

None of these researchers are claiming cure, though I wish they were. I'd love to drift off to sleep to the sound of silence rather than the sound of whatever's playing under my pillow. I'd love to kill the chain saw and hear nothing but...nothing. No, my tinnitus (I'm a TIN-it-us guy, by the way) is here to stay. But the more I meditate on it – as opposed to obsessing – the more I hear the ringing for just what it is: the perfect shrieking path to inner peace. ■

PHOTOGRAPH ISTOCKPHOTO

Check out our website at **mens-health.com.my/insideout** for the latest event and promotion updates.



Elite by BHR

Berjaya Hotels & Resorts (BHR) has relaunched its loyalty scheme, Elite by BHR. Formerly B.Elite, the by-invitation loyalty programme is specially designed for BHR's corporate guests and clients, enabling them to collect redeemable points while experiencing staying, dining and meetings or events with BHR. With these points, exclusive rewards are redeemable from BHR's participating hotels and resorts, as well as the extensive list of BCard's merchants and brands.
www.berjayahotel.com



Vintage Travel Route with Camel Active

The Vintage Travel Route – Indigo Collection from Camel Active's spring/summer 2015 range is inspired by vintage travel routes in the 1950s and the colour indigo. The new collection blends classic patterns with new, functional materials to create a low-key, clean cut look for summer. Get geared up in clothing perfect for getting out and about that doesn't skimp on style.
www.camelactive.de/en

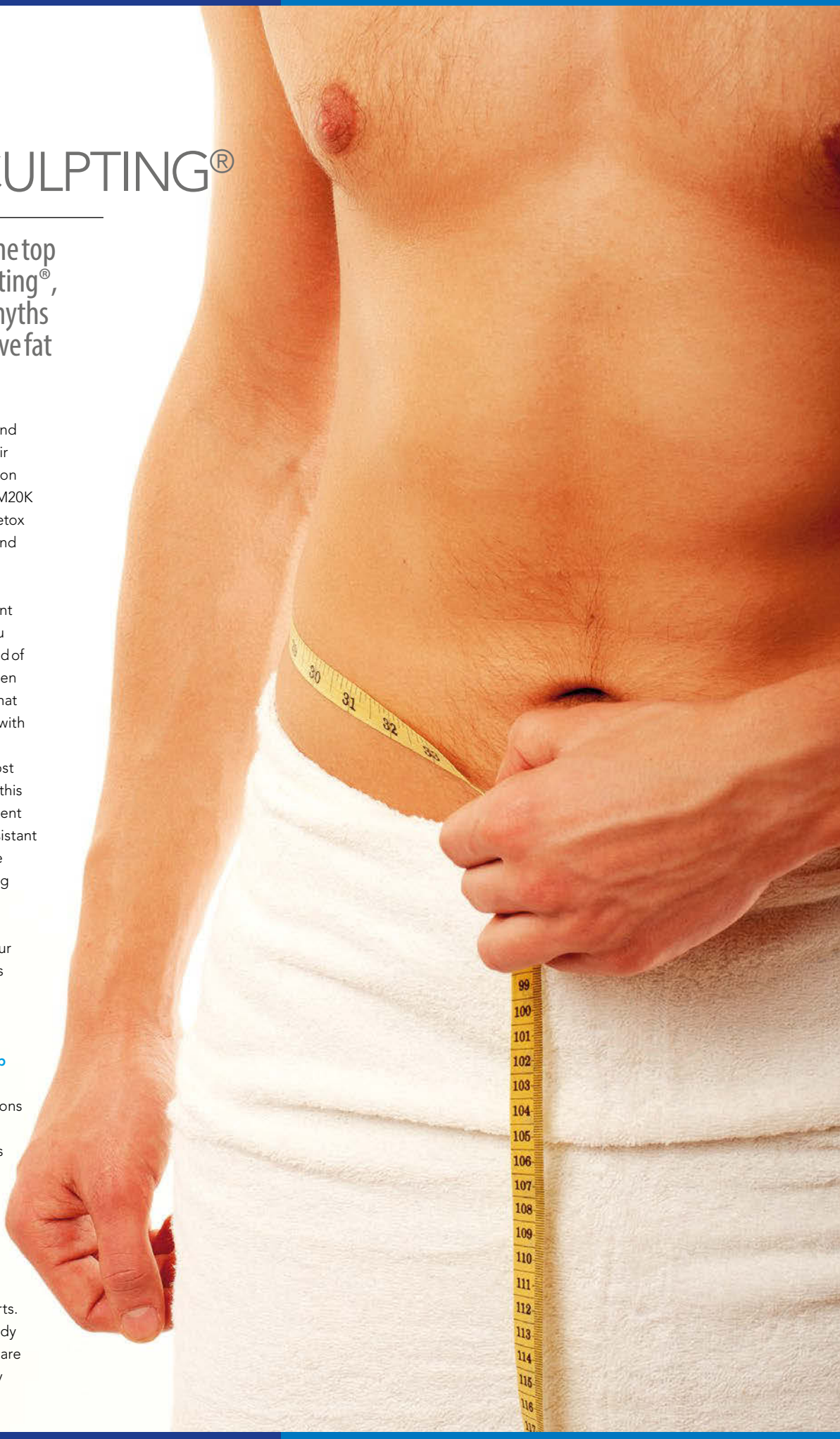


MAN up for Summer with Bershka

#GetWild. Bershka's MAN collection reflects on the heydays of Bohemian style from the 1970s. Think Coachella meets urban with colourful tailoring and tie-dye prints through novel items such as sweatshirts, dress shirts, cotton chinos and Bermuda shorts.
www.bershka.com/my

CLIQUE COOLSCULPTING®

Clique Clinic, one of the top centres for CoolSculpting®, is here to bust a few myths about the non-invasive fat reduction treatment



Most people spend a lot of time and money in the quest of getting their ideal body. On an average, a person could spend from RM10K up to RM20K on supplements, diet regimes, detox programmes, slimming centres and personal trainers.

While working out and eating healthier is a great start, no amount of exercise or dieting can help you target certain bulges or getting rid of stubborn fats on certain areas. Even the best fitness guru will tell you that you can't achieve spot reduction with any sort of exercise or diet.

CoolSculpting® is by far the most effective and safest way to tackle this problem. Not only can the treatment help you target areas of highly resistant fats, it is also the safest alternative to liposuction. Clique Clinic, being one of the top centres for Zeltiq CoolSculpting® treatment in the region, is here not only answer your queries but also bust some myths surrounding the body redefining procedure.

Myth 1: CoolSculpting® can help me lose weight by the pounds.

One of the common misconceptions about the CoolSculpting® procedure is that it is a weight loss solution, and only suitable for overweight individuals. That is not true.

The goal of CoolSculpting® treatments is to create a slimmer contour by removing excess stubborn fats on certain body parts. Even individuals with a normal body weight can have flabby areas that are resistant to exercise and a healthy



DR LIM TING SONG, MD

The sculptor Dr Lim has been actively involved in body sculpting work. Graduated from Tohoku University in Japan under the Japanese Government Mombusho Scholarship, he had trained and worked in both Japan and USA as medical physician before returning to his home country Malaysia. Dr Lim and his team at Clique Clinic have successfully developed a multi-disciplinary approach combining diet, exercise, medical and state-of-the-art technologies to sculpt the ideal body shape without needing to go under the knife.

diet. A session of CoolSculpting® has been known to reduce fat around the treatment area by about 30%. This may sound like a lot, but it actually only translates to roughly around 0.5kg to 1kg of fat loss.

Myth 2: CoolSculpting® requires many sessions.

The actual CoolSculpting® procedure only takes one session to give you results. Multiple visits to the clinic for treatment of the same area are not required. However, a second session may be beneficial for the best result on certain areas, and is normally done about three months after the first treatment.

Myth 3: CoolSculpting® is a quick fix.

CoolSculpting® does not produce immediate results. The actual procedure takes only an hour per part for each session. Improvements are generally seen as early as 30 to 40 days after the treatment, as your body flushes away the eliminated fat cells. However, the most dramatic change may only be observable after two to three months and will continue to six months after the treatment. Some may report that it is not the first but the second session of CoolSculpting® that really does the trick for them.

Myth 4: My fats will grow back after a procedure CoolSculpting® if I don't diet.

Fat will not grow back at the treated area(s) because CoolSculpting® specifically target fat cells on the designated region, causing their crystallisation and natural death. The damaged fat is not distributed or deposited in other parts of the body – it is completely discarded, and would never be replaced by new fat cells.

Myth 5: I will have excessive skin after my fats are being eliminated using CoolSculpting® procedure.

Although CoolSculpting® only targets fat cells in selected areas underneath the skin, the fact cells are slowly eliminated after treatment, giving time for the skin to naturally contract to match the new contours of your body. In many cases, tightening of the skin occurs without additional skin-tightening treatment, perhaps due to remodelling that further enhances collagenesis of the treated area.

Myth 6: The treatment can only be used for the tummy area.

One of the best things about CoolSculpting® is that it is a tool for the art of body sculpting. You can trim as many different parts of the body as you wish using several different applicators and techniques. Common areas are: the abdomen, love handles, muffin tops, chicken-winged arms, oversized thighs and saddle bags. Also if performed by advanced CoolSculpting® sculptors, you are able to achieve more visible contours, six packs, hourglass body shape, CoolSculpting® targets and cools fat cells to temperatures that trigger their natural death. As the fat cells crystallise, they begin to shrink, weaken, die and are naturally eliminated as y our body metabolises them over a period of time.

Myth 7: CoolSculpting® procedure is very painful.

CoolSculpting® procedure is one of the most comfortable procedures for fat elimination. Without needing any sedation or anaesthesia, one may feel numbness and slight discomfort at the treatment area only during the first 10 minutes of the procedure. Normally it is so comfortable that one can read, eat, drink or sleep during the treatment. While there may be redness, swelling, bruising and firmness on the area after the procedure, this will completely subside after a while. Many can immediately go back to work, resuming daily routine without any issues. There are a small percentage of people who may experience a delayed soreness that comes only after a few days post-treatment. However, the soreness can be easily managed with pain-killers.

Myth 8: All CoolSculpting® treatments are the same.

The sucess of CoolSculpting® treatments depends on the technique, placement and sufficient body designing before the treatments. It is in fact an art on its own, requireing elaborative experience and professional hands-on. Therefore, it is important to seek treatment at centres with experienced body sculptors. It is preferable that you talk to your doctor to fully understand your treatment plan, treatment experience and other expected results before starting your treatments.



coolsculpting

ZELTIQ COOLSCULPTING®

CoolSculpting® is a non-surgical, non-invasive procedure that uses patented technology to induce Cryolipolysis™ – the death of fat cells through the introduction of controlled cooling. The treatment safely targets and eliminates unwanted fat cells in the treatment area without damage to neighbouring tissues.

The original CoolSculpting® machines utilise patented technology of precisely controlled cooling to safely remove fat cells and are FDA-cleared and CE-marked as a Class IIa medical device. CoolSculpting® by ZELTIQ® cannot be imitated.

Counterfeit medical devices and products pose a very serious threat to patient safety. With CoolSculpting being so popular, it is no surprise that imitation products are popping up. There is only one CoolSculpting®. Those who are interested in CoolSculpting® should do their research beforehand to make sure your provider has a good reputation. Call 03-79601211 for more information.

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It's known that food cooked to a temperature of 70°C is safe for human consumption

Max Out Your Grill's Firepower

Your backyard cooker can do more than just char hot dogs. Unlock its potential and expand your grill skills

AMONG OUR ABILITIES AS MEN – THE CAPACITY TO FORM RELIGIONS, WRITE POETRY AND SING KARAOKE – IS our talent for cooking food with fire. Or at least attempting to: anyone who has attended a lackluster backyard cookout has suffered through medium-rare chicken, briquette-textured steaks, and spatula-mangled fish. Grillers can avoid these BBQ botches by precisely deploying tactical heat. From tender slow-cooked roasts to flash-seared whole fish, this guide will help you fire up better food right now. It's about time that we men treat the grill like the versatile tool it really is.

●●●●● GRILL HEAT LEVEL

Maryland-Style Pit Beef

This sandwich stacks on the beef and comes dripping with a horseradish-spiked tiger sauce. Slow-cook the meat and then sear it to coax the cut to a juicy, ruby medium-rare

What You'll Need

¼	CUP KOSHER SALT
1	TBSP FRESHLY GROUND PEPPER
1	TBSP GARLIC POWDER
1	TBSP PAPRIKA
1	TSP DRIED OREGANO
1	TSP GROUND CUMIN
½	TSP GROUND CAYENNE
1	4.5 KG TOP SIRLOIN ROAST (A.K.A. SIRLOIN TIP ROAST), TRIMMED OF ANY CHUNKS OF HARD OUTER FAT AND CUT IN HALF
16	KAISER ROLLS, SPLIT
2	ONIONS, THINLY SLICED

1. In a bowl, mix the salt, pepper, garlic powder, paprika, oregano, cumin, and cayenne. Rub this into the meat; wrap in plastic. Refrigerate at least 1 hour (and up to 8).
2. Preheat the grill for indirect grilling, with high-heat and low-heat sides. Make a foil packet of wood chips and place it on the hot side; put the beef on the cooler side. Cover the grill and cook, flipping the beef after 30 minutes, until a meat thermometer inserted into the middle of each piece reads 46°C, about 1 hour.
3. Transfer the meat to the hot side of the grill, searing on all sides until its internal temperature reaches 60°C, about 5 minutes per side. Let it rest for 10 to 15 minutes.
4. Thinly slice the meat against the grain and pile it onto rolls. Serve with tiger sauce and onions. *Makes about 16 sandwiches*

Tiger Sauce

On a cutting board, mince a garlic clove and use the side of a chef's knife to mash it with a pinch of salt until it forms a paste. Put this into a bowl. Then add 1 cup store-bought horseradish, 1 cup mayonnaise, 2 tsp freshly squeezed lemon juice, and 1 tsp each of kosher salt and freshly ground pepper. Whisk everything well to combine. The sauce will keep in the refrigerator for up to 4 days. (Leftover sauce will be great on grilled chicken and roasted potatoes.)

THREE WAYS TO BRING ON THE HEAT

MAKE USE OF YOUR GRILL'S VERSATILITY



SMOLDERING

Mellower temps help meat turn tender inside without burning the outside. Low-heat grilling works best with hunks of meat like beef roast (see left), whole chicken, or leg of lamb.



MODERATE

Most gas grills pathetically call this "high." It's the ideal range for medium-thick steaks, chicken pieces, fatty meats like lamb (see next page), and produce thicker than an inch.



SCORCHING

This is potent, blazing firepower capable of developing a deep, flavourful crust on steaks, salmon, burgers, mackerel (see last page of this article), and hearty vegetables. Fire! Fire!



KEEP THINGS MOVING

Crosshatch grill marks make for an attractive plate but they're also a sign of a missed opportunity. While grilling over high heat, you should move your food around frequently, about every couple of minutes or so, to acquire that delicious crust all over the food. If your grill grate is clean (break out that grill brush, buddy), hot, and oiled, then you won't have to worry about your ingredients sticking to the metal.

WORDS **NICK FAUCHALD** PHOTOGRAPHS **SAM KAPLAN** FOOD STYLING **BRETT KURZWEIL/ART DEPARTMENT** PROP STYLING **ANGELA CAMPOS/STOCKLAND MARTEL** ISTOCKPHOTO (GRILL MARKS) ILLUSTRATIONS **MARCO GORAN ROMANO**



Meet your new favourite cut: a bone-in lamb saddle chop tastes as if a beef T-bone steak and a regular lamb chop made sweet, forbidden love. It's meaty and intense

●●●●● GRILL HEAT LEVEL

Lamb Saddle Chops with Mint-Yogurt Sauce

This cut, also called the double loin chop or English chop, combines the well-marbled loin and the meaty tenderloin. A simple yogurt sauce balances the lamb's smoky richness

What You'll Need

¾	CUP 2% PLAIN GREEK YOGURT
¼	CUP EXTRA-VIRGIN OLIVE OIL
2	TBSP CIDER VINEGAR
2	TSP DIJON MUSTARD
2	TSP SUGAR
¼	CUP FINELY CHOPPED MINT LEAVES
4	LAMB SADDLE CHOPS (425 TO 567 KG EACH)

1. In a bowl, whisk the yogurt, olive oil, cider vinegar, mustard, sugar, and mint. Season with kosher salt and freshly ground pepper. Refrigerate until ready to serve, up to 4 hours.
2. Preheat the grill with medium-heat and low-heat sides. Generously season the lamb all over with salt and pepper. Grill the chops over medium heat, covered, turning frequently, until charred on all sides, about 7 minutes total. Then move them to the low-heat side of the grill and cook until an instant-read thermometer inserted into the thickest part of each chop registers 57.2°C for medium rare, 10 to 15 minutes. Transfer them to a plate and let them rest at least 5 minutes. Spoon yogurt sauce over the chops and serve. *Makes 4 servings*

Charred Green Beans

Wash and trim 453g of fresh green beans. In a large bowl, toss the beans with 1 Tbsp extra-virgin olive oil. Season them with kosher salt and freshly ground pepper, and put everything into a grill basket (see below). Grill the beans over medium heat, tossing occasionally, until crisp-tender and charred in spots, 3 to 5 minutes. Transfer them to a serving bowl, drizzle on more olive oil, and season with additional salt and pepper, if necessary. Toss the beans once more and serve with the grilled lamb saddle.



A CASE FOR THE BASKET

A grill basket—basically a pot made of wire mesh works great for green beans, peeled shrimp, sliced onions, or any slender or leafy food that might otherwise slip through the grate. Pick up the sturdy Cameron Non-Stick Mesh Grilling Basket (*amazon.com RM56.30*). You can also use it to grill clams: Rinse a dozen, throw them in the basket, close the lid, and cook on high till the little guys open.

INDIRECT HEAT: YOUR DIRECTIVES

TRANSFORM YOUR GRILL INTO AN OUTDOOR OVEN!



FOR A GAS GRILL

This is easy: set one burner to medium or high and the other burner to low. If your grill has three burners, fire up two adjacent panels and keep the third on low. Now shut the lid and have a beer.



FOR A CHARCOAL GRILL

You'll need a chimney starter full of hot charcoal. Dump half onto one side of the grill two to three coals deep (for high heat) or one to two coals deep (medium). Scatter the rest over the other side for low heat.

ABOUT THAT GAS GRILL…

"High" heat on most gas grills is only about as hot as a medium to medium-hot charcoal fire. So make sure that your rig has heavyweight steel or cast-iron grates for better heat retention.



GRILL HEAT LEVEL

Grilled Mackerel with Lime and Green Peppercorn Sauce

Oily fish won't stick to the grate, and it's tough to overcook. So give this recipe for whole mackerel a go. The high heat crisps the skin and infuses the flesh with a smoky kick

What You'll Need

- VEGETABLE OIL
- **4** WHOLE ATLANTIC (A.K.A. BOSTON) MACKEREL, CLEANED
- **¾** STICK UNSALTED BUTTER
- **¼** CUP JARRED PICKLED GREEN PEPPERCORNS (AVAILABLE AT ASIAN MARKETS)
- **3** TBSP FRESH LIME JUICE
- LIME WEDGES, FOR SERVING

1. Preheat a hot, well-oiled grill. Season the fish inside and out with salt and pepper.
2. Grill the fish, uncovered, turning once, until it's crisped and the flesh in the cavity is white, not rose-coloured, 5 to 7 minutes per side. Transfer it to plates.
3. In a medium saucepan (either over a stove or on top of the grill), melt the butter on medium heat. Add the pickled peppercorns and a pinch each of salt and pepper. Cook, swirling the pan frequently, until the butter begins to brown, 4 to 6 minutes. Stir in the lime juice (the mixture will bubble up) and simmer until the flavors meld, about 20 seconds.
4. Drizzle the mackerel with the butter sauce and top each fish with a few green peppercorns. Sprinkle with flaky sea salt and serve with lime wedges. *Makes 4 servings*

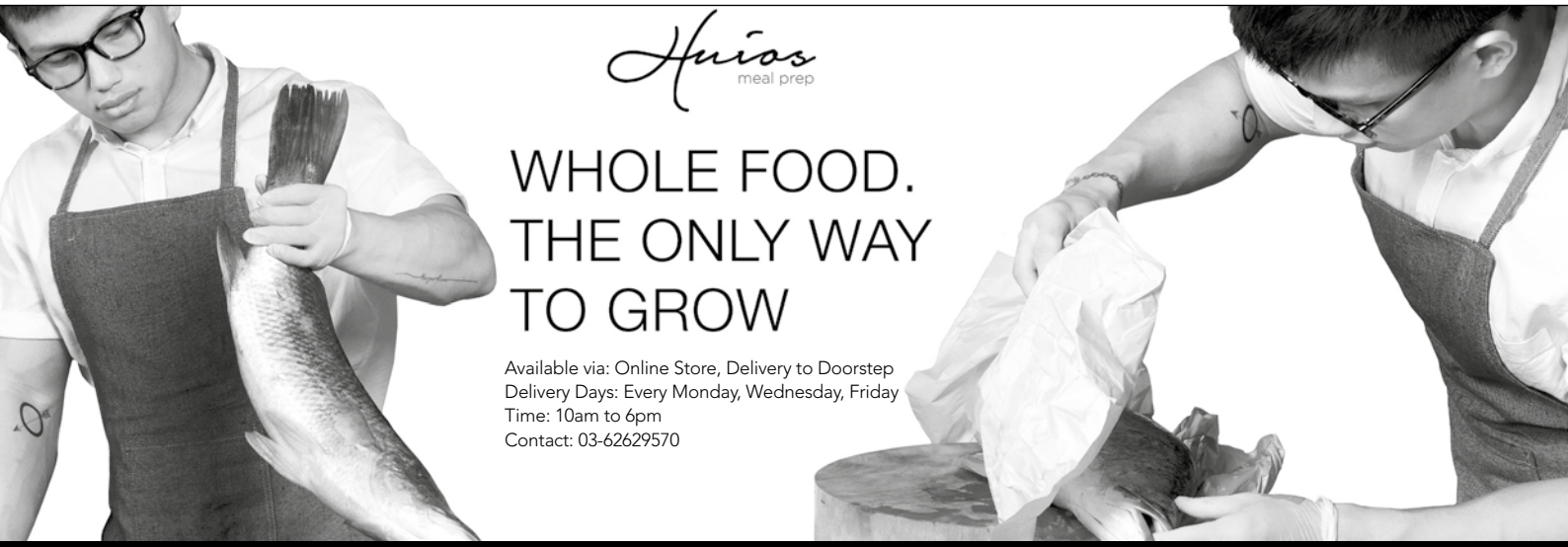
Grilled Corn with Herbed Cream Cheese

Blend 113 grams of room-temperature cream cheese with 1 Tbsp za'atar (a spice blend found in Indian markets), 1 Tbsp lemon juice, ½ tsp lemon zest, and salt and pepper to taste. Brush 8 ears shucked corn with olive oil and grill over a hot fire, turning frequently, until charred all over, 8 to 10 minutes. Spread the cream cheese mixture over the corn, sprinkle with more za'atar, and serve.



BEWARE THE FLARE!

There's a fine but crucial line between seared and burnt. It's okay to have a flame lick your steak. But anytime you witness a plume of fire consuming your food, take a spray bottle filled with water, aim it at the source, and douse the demon. Stop sweating the cancer risk too. The USDA says eating moderate amounts of grilled (not burnt) meat, fish, and poultry doesn't pose a health problem.



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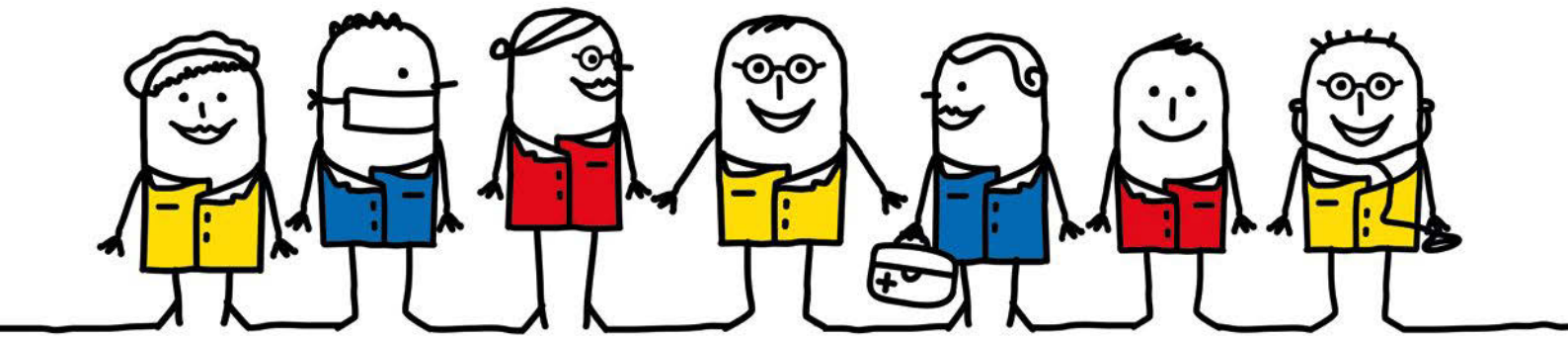
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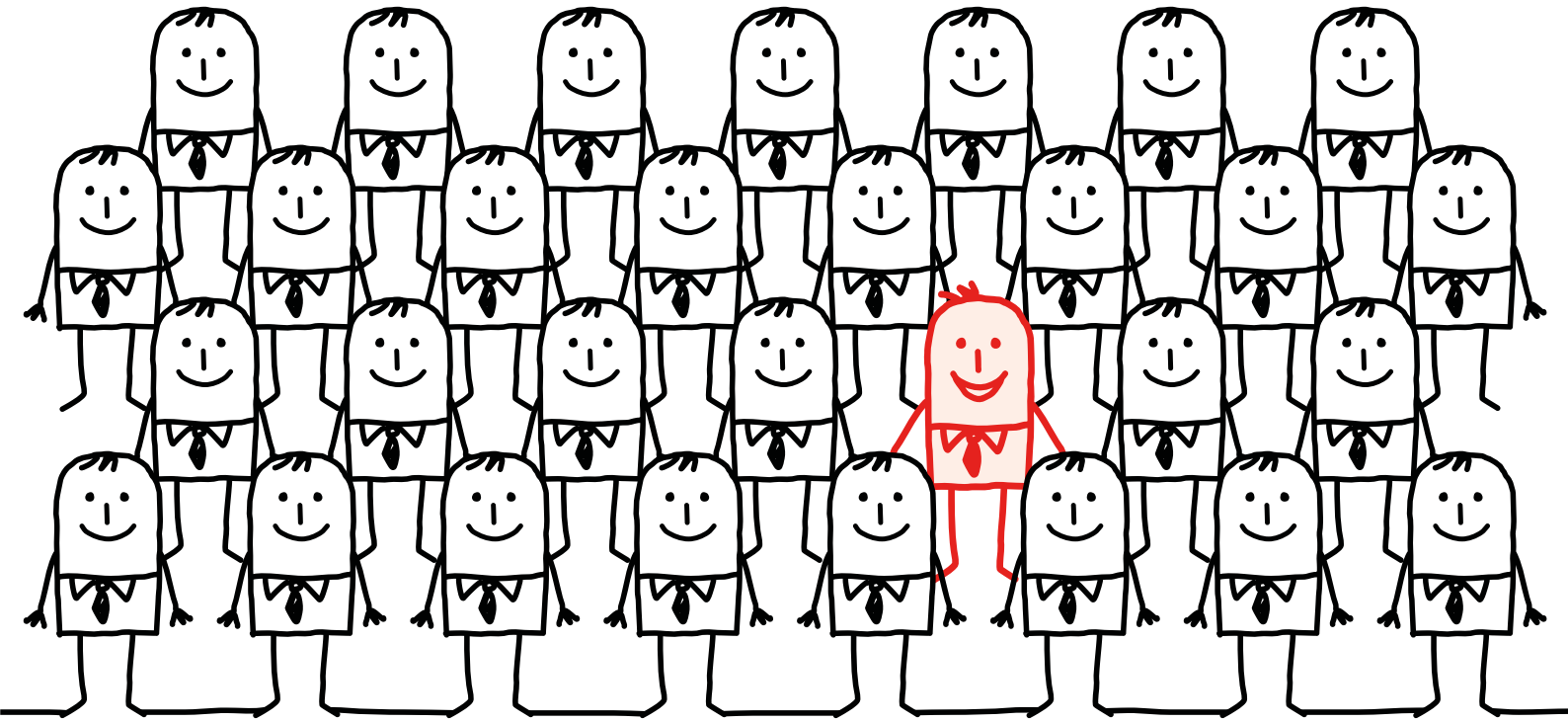
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DECREE OF *INDEPENDENCE*

Fifty-eight years ago, Malaysia gained its independence, giving way to generations of strapping young boys to become suave and dapper gentlemen. In commemoration of this patriotic celebration, here are 20 decrees that define the modern, independent manly-man

WORDS **VIVIAN CHONG** PHOTOGRAPHS **ISTOCKPHOTO**



1/ Being a man in a man's world

There's a fine line between being confident and overly obnoxious. Having a healthy self-esteem may not guarantee success, but as a man in a hard knock world, it is half the battle. Confident people don't view themselves as victims nor do they weigh obstacles heavily. A true mark of independent living is being able to make decisions that will affect your life and other's, and being responsible for what's to follow. Bear in mind, confidence doesn't mean always patting yourself on the back for a job well done. Humility is sexy.

2/ Own up to everything

If you dealt it, clean it. A marksman of a good man is his willingness to admit his faults and stand responsible regardless of retribution or circumstances. In any case, the worst that can happen is a scream fest. Work to mitigate the situation, which can only be beneficial in the long run. Experience can be had every day, but wisdom is gained through confronting your own mistakes on a rough afternoon when you'd much rather sit by the pool and zone out.

3/ Timely manner

It is said that optimists are most optimistic about time, which makes them chronically tardy for everything. Show up on time to show others that you are reliable and respectful. If you're stuck in a jiffy, be sure to alert the waiting party and reschedule a new time, even if that means requesting for a 15-minute extension. It is everybody's most precious commodity, so spare others the pain of wasting it by being on time.

4/ Bills of rights

There's that one faithful day every month that we all sit logged into our bank's account to transfer funds to pay bills. Hey, the life of luxury and experience doesn't come for free and being in debt is the furthest thing from living independently. Pay your bills and pay them on time; be efficient with your finances and balance your account regularly. Knowing where your money is coming in and going out is going to make tax season a breeze. There are plenty of free money management apps such as Monefy and Money Manager Expense & Budget at your disposal.

5/ Corporate vs Leisure

Work hard to play hard. Your professional life makes up 60% of your livelihood. And let's face it, that sweet, sweet smell of cha-cha-cha-ching is actually what's buying you the lifestyle you get to enjoy when you clock out. Number one, love what you do; number two, do what you love well. Try not to be that guy who complains to no end about his horrible boss and incompetent work surrounding. If you're not inspired by it, take some actions and get it moving.

6/ Your body is your temple

Everyone should have a workout regimen that complements his lifestyle. There is no substitution: if you want that body performing at its optimal state, work on it and work on it consistently. Whether you opt for swimming laps every other day, doing bursts of circuit training, lift or are into new fad workouts, just make sure you get off the couch at least two to three times a week. Treat your body well and it will serve you for years to come. Invest in a fitness band like Samsung Gear Fit (*samsung.com/my* RM419).

7/ A good piece of advice

Benjamin Franklin ruled his life with a set of 13 virtues he applied day in, day out. For Franklin, these virtues were either necessary or desirous to achieve the goals he had in life. Some of them are practices that take the fun out of life, but others such as frugality and cleanliness can be achieved through adaptation of new habits. Equip yourself with one piece of good advice that you can give to your friends and carry with you through life. When it all comes to a close, at least you did it your way.

8/ Chore duty

Wash the dishes, do the laundry and sweep the floor. Being a bachelor doesn't mean living in a dorm style pigsty. To get the deed done and as painless as possible, be sure to have the right tools – a broom, a dustbin, laundry detergent, a scrub pad for heavy-duty stainless steel pots and a soft sponge for non-stick pans. At the end of the day, you unwind at home and a pile of unsightly dishes luring flies through the windows is just not down time.

9/ You aggainst the world

A man never truly knows where he is until he has left his den and travelled the world. Travel often and travel solo from time to time. In this, the journey is better than the destination. When you scavenge the world without the distractions of company and an agenda, a few things end up happening: you pay attention to yourself and your needs, you learn how to navigate through times of unplanned circumstances and you'll gain friends that are likeminded.



10/ Keepsake friendship

You need to hang out with your mates at least two nights a week to maintain good health, according to a research by UK psychologist Robin Dunbar. They become your support system when life starts cracking at the seams and they are your biggest cheerleader for all the profound moments and the foolhardy times you'd rather not let your future wife know about. Everybody needs somebody sometime and being able to be that somebody sometimes for someone else is more validation of independence than a healthy credit line.

11/ Masterchef for two

Every man needs to have a go-to recipe in his repertoire to impress the ladies, feed himself and keep mom worry-free. Opt for well-seasoned protein and a side of tasty greens. Your recipe doesn't have to be as complex as a pot of Kari Kapitan, but it should be impressive and scrumptious enough to get a vote of confidence. When all else fails, be sure to use fresh ingredients. It makes a difference. Turn to page 68 for meal ideas.



12/ Tyres, nuts and bolts

When it happens, you're not always going to be within safe distance from a mechanic. Calling in a tow truck for a flat tyre is going a bit too far and who knows, a damsel may just be in distress from a flat she can't tackle – incoming, you who can indeed change a tyre. Put the car in park and pull up the handbrake. Loosen the lug nuts, jack up the car, and swap out the tyres. Be sure to put on hazard lights and occasionally check to make sure your spare tyre has air.

13/ Razor burn free

Even Thor visits the groomer to tame his mane for that million dollar up-close shot. For whatever reason you decide to sport facial hair, give it the same tender, love and care you would with the tresses atop your head. You'd do just fine using a single face wash like Himalaya Hydrating Face Wash Cream (*online.guardian.com.my* RM31.65). Comb it down while it's drying and coat it with a thin layer of beard balm to straighten out flyaway strands. It wouldn't hurt if the balm were scented.

14/ Write properly

Proper etiquette when composing business letters, emails or simple Facebook invitations is crucial to prevent misunderstandings. As Malaysians, "*lah*" has many annotations and can be interpreted however way, so be clear and concise. Besides the very fact you should never "*lah*" in emails or letters, one should always run a spell check, proofread the content, avoid acronyms and not steer off topic. "Keeping it short and sweet" still applies.

15/ Wax on, wax off

If a car is every man's first wife, taking good care of yours as if it's the most prized possession in the world only reflects well on you too. Your car does more than take you from one place to another; its shiny appearance, car type and upkeep depict status and class. In always sunny and scorching hot Malaysia, your car's outer coat gets worn fast. Wax your car regularly (*www.autopolishine.com*) to prevent oxidation and maintain a spanking brand new look.

16/ Pick up the tab

Regardless of the price tag, always pick up the tab on the first date. You don't need to have deep pockets to treat a lady out. Enjoy a picnic at the park with Wendy's to go or eat at a less fancy but great quality food joint outside of city districts for some privacy and romance. No matter what, just be sure to pay the bills at the end of the evening. Stinginess and a calculative nature are not attractive traits.

17/ Knot a tie

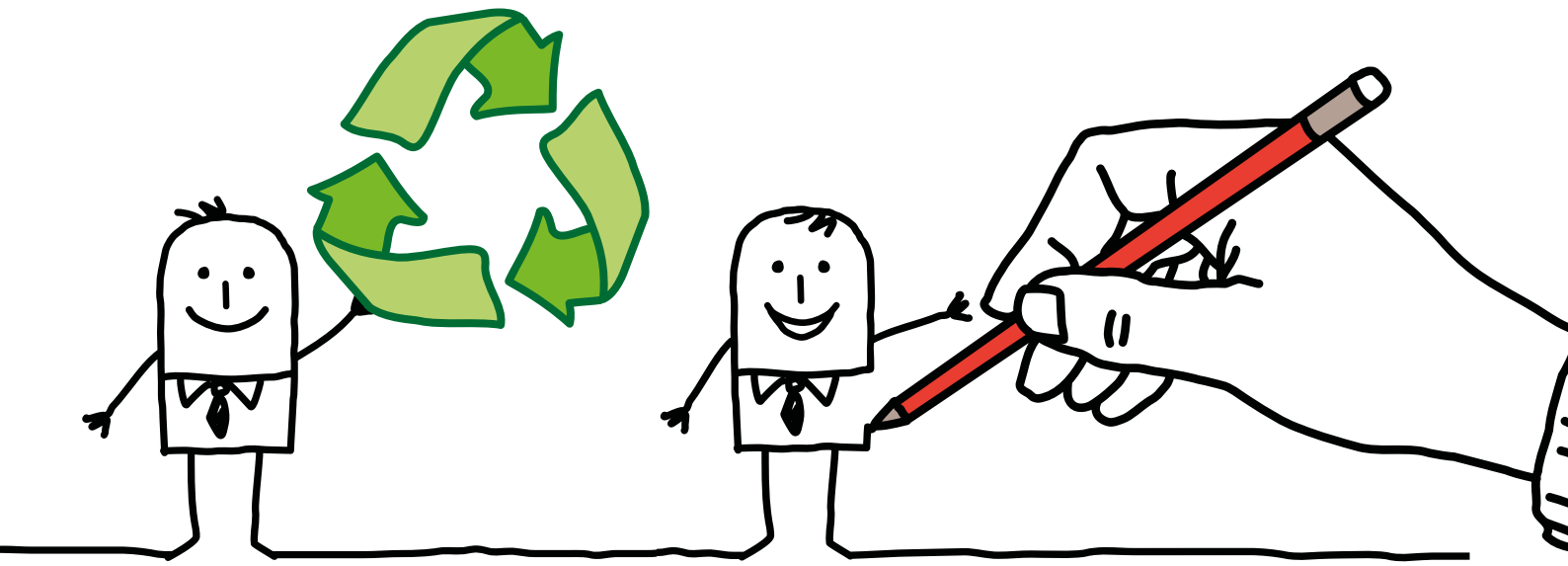
There's no need to get fancy and learn the Eldredge knot or Trinity, but the basic Four-in-Hand or Full Windsor are important to completing the gentleman look. Achieving the perfect triangle knot of the Windsor is all about proportioning the tie so that the large end covers the thin end with just enough slack to loop over the knot twice. Not all ties are created equal so have a collection of both pattern prints and solids to pair in all occasions.

18/ Righty tighty, lefty loosey

If you're ever unsure which way to turn the screwdriver to tighten or loosen a screw, use this little aphorism to set you back on track. Owning a toolbox and being able to fix minor household wear and tear are necessary skillsets to be considered independent. IKEA furniture (*ikea.com/my*) doesn't come assembled roll up those sleeves and get handy dandy down with all the nuts, bolts and screws.

19/ Clutch control

Considering the fact that obtaining a license in Malaysia requires you to operate a manual transmission vehicle, there's really no excuse here not to know how. Granted in Greater KL the roads are disturbingly congested and having to constantly shift gears can give even the fittest of men carpal tunnel syndrome, manual transmission saves gas and is the cheaper rental option when travelling overseas. And short of a power trip, driving a clutch is the only way to drive that gives the driver absolute control. Go for a driving refresher course if need be.



20/ The 3R's

Reduce, reuse and recycle. Mother nature isn't going anywhere but how liveable her condition is greatly depends on how well you separate your garbage. Whenever possible, reduce consumption and reuse goods such as Tupperware and thermos for takeaway coffee or tea. Bag your waste separately from plastic bottles and cans. Come 1st of September, this small but impactful deed will be a law. Start now rather than later.



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#MHCOVERGUY15

Man vs Man

The #MHCoverGuy15 competition saw a deluge of entries from Malaysia's finest. After a careful selection process, we present to you our top 13 finalists. Tap into their fitness tips, diet plans and discover how they fire on each day. Who knows? Next year, you could be one of them

MATTHEW PYNE

24, Property Consultant

If you feel like giving up, remember why you started in the first place. "I used to be fat and unhealthy – didn't care about what I ate, drank a lot of alcohol," Matthew confesses. "Now that's changed: I'm healthier and happier. I've come so far and there is still room for so much improvement." His trick is two-fold: (1) know there's no limit to what you can accomplish, and (2) do what you love and love what you do.

"I don't have a particular exercise that I enjoy more than another." However, if he has to pick one, it's squats. "If you squat well, you'll see drastic changes to your whole body. I do triple drop sets until I have a 20kg plate on each side – doing only five reps feels like someone's dropped fire ants down my pants!"

He has two to three "naughty" snack servings, knowing that he'd been eating clean the rest of the day. "I usually prepare all my meals for the week on a Sunday evening while blasting jams from my Spotify playlist."

WORDS **JOHN NG** AND **ANIS TAUFIK** PHOTOGRAPHS **DELVIN XIAN/IMAGEROM** ART DIRECTION **SHAHRUL HILAL** STYLING **KIEN CHAN** GROOMING **ANGELINE LOW, LER WAN NING AND POH LI YEOH** APPARELS **REEBOK** AND **RIP CURL** FOOTWEAR **REEBOK** PROPS **EVERLAST** & **FIT MALAYSIA**



SUREN CHANDRA

24, Dental Student

Suren just wants to be the best version of himself. "It [A healthy lifestyle] comprises multiple aspects including physical, mental and spiritual health. In short, a happy and well-balanced lifestyle. Life is short so it's only natural to make the most out of the moments you have. If not now, when?"

Suren plus squats equal a love-hate relationship. "As gruelling and heart thumping as the exercise can be, I look forward to leg day, knowing it plays a massive role in helping me achieve the physique I want." Besides the traditional back squat, he does front squats when he wants to emphasise his quads and upper back.

He monitors his diet by limiting – not entirely eliminating – processed, sugary and oily foods. "Over the weekend, I set aside a couple of hours to cook my meals for the week, which include lots of green leafy veggies, chicken and fish, and a good serving of rice and nuts."

AREN KD

25, Personal Trainer

"Leading a healthy lifestyle means having a balance of the mind, body and soul," says Aren. "The human body has so much potential so start using it; exercise, play a sport, do what you love and set goals for yourself. Hold on to the belief and faith in yourself, and always be ready to offer others a helping hand."

Aren enjoys deadlifts. "It's a pure measure of strength as you can't cheat your way out with a spotter or assistance. Occasionally, I swap it with the sumo stance just to target my quads a little more."

"I try my best to keep at least 80% of my daily diet with 'clean food' while the remaining can be anything as long as it's not too crazy that my body composition is affected. If I'm getting ready for a shoot or competition then I'll keep count of my macronutrients."

MOHAMMED ARIFF

33, Personal Trainer

His life motto? "I don't live to compete with anyone but myself." To him, a balanced lifestyle is when you take responsibility and make smart health choices for today and the future. "Eating right, getting physically fit, and maintaining emotional and spiritual wellness are all a part of it."

"My favourite exercise would be total body workouts." He uses the concentric and eccentric muscle contraction techniques. "While the former shortens muscles as they act against resistive force, the latter lengthens them when you slowly return the weight to a resting position."

Here's a simple breakdown of Ariff's strict diet: "Breakfast often consists of carbs, protein and dairy, while lunch and dinner include carbs, protein and vegetables." Snacks? He munches on unsalted almonds, cheese sticks or plain yogurt with fruit in between meals.

#MHCOVERGUY15



SARAVANAN ASOGAN

27, Brand and Marketing

Saravanan takes the holistic approach for a healthy lifestyle. "It's a way of life where an individual is able to develop progressively in every aspect – mentally, physically and spiritually. My desired results are slowly coming and there is still so much to learn. That keeps me motivated and driven."

He loves including squat components. "I strive to mix things up in a way where squats are incorporated in my workouts at least twice a week. It could be in the form of elevated platform jumps or burpees."

He's currently on a three-day carb cycling plan to gain lean mass and strength. "It involves me eating more carbs on the days I train hard and gradually tapering it down to the third day, where I eat less carbs to promote fat loss. During other days, I follow the conventional 40% carbs, 30% protein and 30% fat ratio."

JOSEPH LEE

23, Freelance Videographer/ Entrepreneur

"My favourite athlete is my dad! He won numerous trophies when he played golf competitively," Joseph shares. "When I was a kid, my dad would bring me to watch him train. It made me realise that you're only going to get what you want in life if you put your time and effort into it."

The good ol' bench press is Joseph's secret for a great pump in the pecs. "I use the pause set method. I hold for three seconds as the bar reaches my chest before pushing up again. It's fantastic to build mass and strength." What happens if you stop progressing? Take two to three days off. "This is when the saying, 'one step back, two steps forward', comes in handy."

"I follow the zone diet, which advocates consuming calories from carbohydrates, proteins and fats in a 30%, 40% and 30% ratio respectively." The man consumes a staggering 3,500 calories daily to accommodate a weekly training comprising weightlifting, Brazilian Jiu-Jitsu, and yoga.



DON NAZAR

35, Business Development

"It ain't about how hard you hit. It's about how hard you can get hit and keep moving forward," Don quotes the classic line from Rocky Balboa. "That's how winning is done." He believes you need clear goals in everything you do to be successful. For Don, having a wife and friends who share the same attitude is definitely a bonus.

Don prefers HIIT (for boosted metabolism), weights and calisthenics. His recipe to shock your muscles? "Choose 10 types of bodyweight workouts and try to complete it in five minutes."

"My daily diet is made up of 60% protein, 30% carbs and 10% fat," Don says. "For example, I'd have five egg whites and a full egg with mushrooms and asparagus for breakfast, snack on an apple, banana or protein shake before lunch – which is usually chicken breast or salmon with vegetables – followed by a handful of almonds, and chicken breast or salmon again for dinner."

#MHCOVERGUY15



PAVITHREN NADAESAN

23, Dental Student

"There has to be a balance in whatever you do, be it socialising with people, looking to better yourself or staying out of your comfort zone; most importantly, it's to be happy with what you're doing – that's what leading a healthy lifestyle is about," says Pavit. Don't forget squeezing in time for a short workout too!

For the cricket player, it's important that Pavit maintains his agility and mobility, and not get too bulky. "HIIT helps me build real world functional strength, strip fat, pack on lean muscle, and produces a massive after-burn effect."

Pavit eats six meals a day spaced out evenly. "Due to my rigorous routines, I don't really cut on carbs to replenish energy levels," he says. "When it comes to protein, I consume whole foods like grilled or steamed chicken or fish. I also make sure I get enough healthy fats in me."



JULIAN SHII

25, Auditor

"My motivation stems from the innate desire to challenge and push myself to my natural limits," says Julian. "It's also one of the most rewarding feelings in the world when I hear that I've motivated someone towards leading a healthy lifestyle."

Currently, his favourite routine involves pullups of varying grips like neutral, supinated, pronated, wide or narrow. "For an added challenge, I increase the time under tension through a slow concentric or eccentric phase, or even both. Sometimes, I hang additional weight plates to increase the difficulty."

Julian follows the principles of flexible dieting. He prioritises whole and micronutrients-rich foods, but having a hectic day job makes it hard for him to stay on track. "I don't it call it a 'diet', but a lifestyle that's ultimately sustainable. I eat anything I want as long as it fits my macronutrient goals for the day."

FARHAN HADI

29, Banker

Farhan's ultimate definition of leading a healthy lifestyle is doing what you utterly enjoy doing. "It keeps your mind in a positive state. It's important to have a 'flow activity' that you get so absorbed in that you lose track of time and become undistracted by what's happening around you."

"I like walking lunges a lot," Farhan shares. The vastly underutilised strength training exercise is your ticket to big gains. "A lunge form is tricky because it requires multiple body parts to move in unison, and the intensity increases when you include weights or change directions."

He strives to eat healthy most of the time, but Farhan is not afraid to relax on occasion. "If I eat well for five days, indulging two days a week is not going to set me back." Maintaining a healthy frame of mind about food and reducing the chances of disordered eating have helped him stay on track, he says.

#MHCOVERGUY15



ZAID MOHEYER

33, Personal Trainer/ Personal Assistant

One of Malaysia's top trainers and men's physique competitors, Zaid makes it his mission to always be in great shape. "There are people who look up to me as their fitness role model, so what I eat, how I train and discipline myself play a big role," he says.

Zaid likes doing hanging leg raises to develop his lower abs and serratus anterior. "If I want to challenge myself, I focus more on the contraction and slow down the movement as I lower my legs while keeping them straight at all times."

To say that Zaid follows a strict diet plan is an understatement. "I eat zero sugar, zero oily food and minimum sodium. I start making small adjustments to the amount of carbs, protein and fat seven weeks prior to a competition through my five daily meals. I only snack on baked almonds and green apples," Cheat meals? "At most, just one per week."



RIDWAN MUSTAFA

28, Senior Engineer

"Dare to change, dare to dream, dare to be different." This mindset's the secret weapon that changed the obese, over 120kg Ridwan into who he is today. "I was overweight and suffering from high blood pressure. It was clear that I needed to start living healthy and change my lifestyle – and so I did." Through his transformation, he wants to be a role model for anyone battling weight issues.

"I run a lot – I'm always challenging myself to break my personal best record in running events." He employs a variety of workout routines like sprints, tempo runs and hill training. He's also an avid swimmer as "It improves my breathing technique. The low-impact sport is perfect, especially when you want to exercise while letting muscles and joints recover."

Ridwan's diet is simple: consume less oil, sugar and salt. His other rule is eating more small meals throughout the day to maximise fat loss.

MOHD HAFIZZAT (JATT)

26, Fitness Educator

As Jatt puts it, "a healthy lifestyle is a combined approach to wellness, healthy eating, physical activity and personal growth." The fitness coach, trainer, speaker and educator says that the people he meets daily are the driving forces that keep him inspired and motivated.

Jatt favours hip thrusts because it works the glutes, one of the body's most powerful muscles. To increase the intensity, "I pair it with a prowler push, load up my hip thrust with a mini-band on my knees, and perform as many reps as I can!" He overcomes plateaus by taking a week (or two) from working out. "I practise active rest. That means I continue my routine but with lighter weights focusing on form and technique, and play sports like flag football."

Jatt does not follow a specific diet programme. "My approach towards nutrition is simple: a well-balanced diet. The key word is 'moderation.'"



WORDS **JIM THORNTON** PHOTOGRAPHS **ISTOCKPHOTO**



CAN HOT SAUCE SAVE YOUR LIFE?

Chilli peppers are the hottest thing in medicine. Here's how they may torch pain, obesity, depression, diabetes, and cancer

"Surgeons had to put a cage in my sinuses to keep my brain in place while they tore all this tissue out," says Ed Currie, 51, a contagiously likable banker turned chilli breeder. Today, as he's driving down a highway just outside Charlotte, North Carolina, in a van emblazoned with his company name – PuckerButt Pepper Co. – he smiles constantly, happy to be alive.

The surgery took place in 2007. After dealing with months of headaches and nosebleeds, Currie finally received a diagnosis: a doctor had discovered a suspicious mass in his head. Then the mass tripled in size in a few weeks. Currie was alarmed – his body had already been battered by cancer. Decades earlier he'd had a malignant growth removed from his arm, and he later underwent surgery for thyroid cancer and a trifecta of skin cancers: basal cell, squamous cell and repeat melanomas.

Currie figured this operation might be his fatal finale. After 10 hours of excavating, the doctors sent tissue samples to a lab. They came back benign.

How? Currie glances reflexively into the rearview mirror at a cooler con- taining a dozen high-powered chilli pepper pods. One of them, dubbed the Carolina Reaper, holds the Guinness World Record for hottest pepper on earth – 1,569,300 Scoville heat units, which is 157 times more intense than a jalapeño. "I credit the fact that I've been eating eight to 10 superhot peppers every day for more than a decade now," he says.

As is his routine on many days, Currie is on his way to a news station to share his conviction that the capsaicin within his potent payload – the complex phytochemical that gives chillies their burn – is keeping him alive.

BETWEEN THE PUTATIVE HEALTH MIRACLES AND flavour-rich heat, the world's hottest plants are redlining in popularity these days. Globally, a quarter of humanity eats chillis daily, and after a timid start, Americans are finally catching up with the rest of the world. Since the 1960s, US chilli imports have surged 1,200%. In 1991, salsa officially surpassed ketchup for the first time as the nation's largest-selling condiment.

The heat wave has intensified ever since. Tabasco and sriracha bottles have popped up in just about every restaurant. Wendy's offers "jalapeño ghost pepper fries" – not that you'd nosh on those, right? At the more elite end of the sales counter, Noah Chaimberg, a "chilli somme- lier" and the founder of Heatonist, a hot-sauce emporium in Brooklyn, offers connoisseurs their choice of more than 150 fiery concoctions. "Some- one might ask what goes well with a roast leg of lamb," Chaimberg explains, "and I'll recommend a blueberry ghost pepper sauce."

Which brings up a uniquely human trait. Most mammals avoid eating spicy peppers, repelled by the painful aftershock. We humans alone seem hooked on heat, willing to cram ever more fire into our mouths. What gives?

Initially, self-preservation may have been a factor. In the pre-refrigeration era, foodborne illnesses caused by fungi and bacteria could fes- ter unchecked. But early civilisations, especially those in warm climates, appear to have learned that spicy ingredients can nuke those germs, says Dr Paul Sherman, an ecologist at Cornell Univer- sity. When used in cooking, chillies, cumin, garlic, and a handful of other tongue- searing seasonings kill 75% or more of the most common food-borne pathogens, says Sherman, who's published his findings in the journal *BioScience*.

Thus "spicy" became our sensory shorthand for "safe" – if still slightly painful. The raw capsaicin in chilli peppers may have saved our lives thou- sands of years ago. But now more and more people seem to think that it can improve our health in specially targeted ways as well.

Faith in the medicinal power of chillies is hardly a new thing. The peppers were revered as holy healers by the Incas and also became favourites among practitioners of folk medicine. As a result, they've popped up in homespun cures for a wide range of ills, including diarrhea, hangovers, and tooth pain. Men have even used them to enhance sexual performance. (There's a numbing effect if you rub the things on your genitals – allegedly.)

Cue the disclaimer: don't try this at home, guys. There's only anecdotal evidence that it works. Still, modern science is uncovering biochemical clues that could lead to specialised (and far more practical) therapies for conditions like chronic pain, obesity, depression, diabetes, and cancer. "The pharmaceutical industry has spent billions on developing such meds," says Dr Arpad Szallasi, a pathologist at Monmouth Medical Center who has authored nearly a hundred studies and reviews about modern capsaicin-based medicine. By his estimate, that makes the search for pepper power one of the most expensive therapeutic missions in history.

The work hasn't escaped the notice of marketers. Baja Fresh now advertises that its chilli seasoning "keeps cancer at bay." You can buy a cure-all called "capsiate" in the supplement section of many grocery stores. Scientists, cautious by nature, nonetheless hope they're on the cusp of some scorching breakthroughs. "In a food-as-medicine context, peppers may be an important aspect of promoting wellness and preventing disease at a population health level," says Dr Marc Brodsky, medical director of integrative medicine at Stamford Hospital in Connecticut, who does research on capsaicin.

* * *

FOR A TIME, MOST OF WHAT CURRIE PUT INTO HIS BODY WAS MORE destructive than healing. Despite a family history of cancer, he couldn't have cared less about maintaining his health.

Nearly two decades ago, while living in Michigan, Currie bottomed out. He was a functional alcoholic who drank nearly a gallon of booze a day and had racked up numerous drunk-driving offenses. Divorced and depressed, he ate poorly and ballooned to 167kg. His idea for trimming down: guzzle SlimFast cut with Stoli.

By the winter of 1999, Currie had resolved to stay indoors and just drink himself to death. "I didn't want to live anymore," he says. "My life was a disaster." Then one night he claims he saw an angel who told him to seek treatment. So he loaded his Camaro with liquor, money and clothes, and set out in a snowstorm for a nearby rehabilitation facility. After a week of rehab, he says, "the lights came on again."

When he checked out, he left with a simple dream. He wanted to move to a warmer place and pursue a hobby that involved the only thing he loved more passionately than the bottle: chilli peppers. So three years later, when he'd completed his aftercare treatment, Currie decamped for South Carolina. His driver's license had been revoked, so he started walking to his 12-step programme meetings at the local church.

By 2001, Currie's weight was down to 83.5kg. At one meeting he met a woman named Linda and fell hard for her. Linda said she loved salsa, so he mixed up his own concoction for her, using tomatoes, peaches, mangoes, and peppers from his flourishing garden. Within a year they were married.

Today they're raising two kids in a home surrounded by acres of experimental peppers, which Currie occasionally donates to researchers at Winthrop University and many other labs with which he's signed nondisclosure agreements.

Now when Currie gives his wife a hug, she can often smell the peppers on his breath. "What kind of person eats a superhot pepper, goes through all the pain, sweat, and tears, and then craves more?" she jokes with him. Currie answers with his own rhetorical question: "Don't you think my peppers are keeping me alive?"

THE SCIENTIFIC SEARCH FOR THE SOURCE OF CHILLI heat dates back to the early 1800s, when chemists first began analysing phytochemical suspects. Whatever the compound was, they knew it was concentrated in the oily yellow droplets bubbling out of the pepper's cross walls where the seeds attach. Chemists tried various solvents to extract increasingly pure samples of the mystery stuff. Finally, in 1846, a British chemist named JC Thresh isolated the goo in a crystalline form and dubbed it capsaicin.

Capsaicin is an alkaloid, a close chemical cousin of famous plant-derived alkaloids like caffeine, nicotine,

*

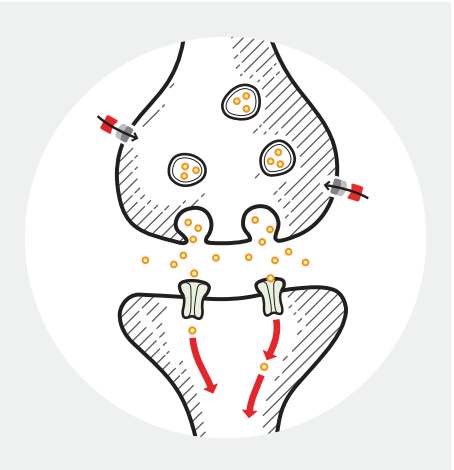
The "burn" of capsaicin is a chemical illusion. We are willing to endure it because our higher-order logic can recognize the parlor trick







1 You Chew the Chilli Pepper
Crushing the skin releases the concentrated capsaicin from the placental region. That chemical trips your tongue's TRPV1 receptors, sending a fire alarm via neurons to your brain. In turn, your brain initiates a protective response: you're now sweating as endorphins rush to your bloodstream.



2 The Contact Site Responds
Your TRPV1 receptors are flooded with capsaicin molecules, which bind to the nerves, causing calcium ions to surge into nearby cells. Now your body has been chemically duped into considering this painful. Drink milk – its has casein, a substance that surrounds capsaicin and washes it away.
– BEN PAYNTER

morphine and cocaine. By the early 20th century, drugmakers were investing heavily in alkaloid research, hoping to exploit their chemical properties for patentable remedies.

At the pharmaceutical giant Parke-Davis, a chemist named Wilbur Scoville was assigned to assess the heat content of various chillies. In 1912 he invented his famous heat scale, a measure of the number of dilutions necessary before our tongue no longer senses any burn. The habanero set the early record at 350,000 Scoville units.

Parke-Davis incorporated capsaicin into a proprietary muscle massage liquid, Heet liniment. Once the initial skin sensation faded, capsaicin provided pain relief by temporarily numbing deeper tissues. Soon bicyclists and other outdoor- exercise enthusiasts began using capsaicin the other way around, formulating "embrocation creams" to make their cold legs feel warmer in frigid conditions. Both preparations worked, at least modestly, for their intended purposes. But the mechanism by which capsaicin could both cause and block pain remained a mystery.

After World War II, a Hungarian pharmacologist named Nicholas Jancsó developed a unique theory: capsaicin, he argued, binds to unknown receptors on pain nerves, exciting them (that initial burn) until they become too exhausted to keep firing (the subsequent anesthesia). The affected nerves would be unable to transmit additional pain signals until they'd had a prolonged "refractory period" to rest and recharge.

This, he predicted, meant capsaicin could help relieve chronic nerve pain – a prophecy that was validated decades later when the FDA approved prescription capsaicin medications to be used clinically to relieve the body-racking pain caused by shingles and diabetes.

In the '90s, scientists discovered a clue to the receptor that triggered this reaction. Dr Szallasi and Dr Peter Blumberg of the National Cancer Institute, found that resiniferatoxin (RTX), an alkaloid produced in the sap of a cactus-like plant (and chilli relative) native to Morocco, acted like capsaicin but was far more powerful – one million times more potent than a habanero.

Using RTX, the scientists were able to easily target a class of nerves that interfere with the sensations of pain and heat. Those same receptors also react strongly to capsaicin. A few years later, researchers assigned the formal designation for the receptors: TRPV1.

They soon learned that a purpose of TRPV1 is to sense heat and trigger a reflex – part of the signalling system that causes you to jerk your hand away from a hot stove. With capsaicin, that "burn" is a chemical illusion. Humans are willing to endure it because they have the higher-order logic necessary to recognise the parlour trick. Now researchers are trying to leverage capsaicin's odd physiological kick into salves for a remarkable range of disorders. Peppers may be able to…

>Nuke pain. In a recent experiment with dogs suffering from bone cancer, researchers at the University of Pennsylvania School of Veterinary Medicine anesthetised the animals and then injected RTX into the fluid around their spinal cords, hoping to reduce the transmission of pain signals to the brain. It worked: after a short period of extreme excitation, the dogs' TRPV1 receptors were effectively scorched and killed. Afterward, dogs that had been so racked with pain they couldn't stand were able to play again.

Several years earlier, scientists at the National Institutes of Health conducted trials of RTX as a molecular scalpel to block pain in cancer patients. While that research is ongoing, preliminary results hint that RTX can have applications far

beyond just helping Rover regain the ability to roll over. It may selectively and irreversibly delete neurons that transmit pain while leaving other motor and sensory nerves unaffected. That could mean permanent pain relief for people who've been constantly afflicted.

>Smoke out sadness. Capsaicin may do more than just numb pain nerves. During the initial reaction, excited TRPV1 receptors seem to trigger a surge of painkilling, mood-lifting endorphins. That has researchers excited about capsaicin as a fix for depression. At New Mexico Tech, volunteers were asked to eat jalapeños and then indicate the moment when all burning sensations were gone. "As soon as this happened," says

Dr Paul Bosland, head of the Chile Pepper Institute at New Mexico State University, "they were injected with an endorphin blocker, and the burning sensations came right back."

Bosland suspects that endorphins may better explain how guys like Ed Currie become habituated to the heaters. "It's much like Pavlov's dog," Bosland explains. "You know you're going to consume something hot, and your body releases endorphins in anticipation." As the famous "runner's high" attests, endorphins also boost mood. "They're known as well-being hormones that relieve stress and make people relaxed and happy," says Dr Szallasi.

>Stoke metabolism. This is a well-documented effect of capsaicin. In a study from South Korea, 31 obese women received either injections of capsaicinoids or a placebo into their abdominal skin twice a week for eight weeks. The women who'd received capsaicin enjoyed significantly greater reductions in their body weight, BMI, waist circumference, and waist-to-hip ratio than those who'd gotten the placebo.

"Metabolism may decrease with weight loss, and we saw this in the placebo group," says Dr Brodsky. But those who received capsaicin injections just under the skin in the belly area avoided this dispiriting dip, which may make weight loss progressively more difficult with each pound shed. "In laboratory mice," adds Dr Brodsky, "capsaicin has decreased chronic inflammation caused by fat cells. This may also help fight obesity and related disorders."

For now, the best recommendation is to maintain metabolism during weight loss by physical activity, and to be cautious in promoting any specific dietary or herbal remedy as a stand-alone treatment. When taken orally, capsaicin always burns, says Dr Mary O'Connell, a cellular biologist at New Mexico State University. That sensation alone doesn't mean your supplement is working the way the label states it might.

>Incinerate diabetes. "Epidemiological studies have long found that populations with diets that are rich in capsaicin have fewer cases of diabetes," says Dr Andrew Dillin, a professor of molecular and cell biology at UC Berkeley. The research is starting to show why. Last year, Dillin published a study in the journal *Cell* that showed strong evidence of the link between capsaicin receptors, insulin resistance, diabetes, and longevity.

Dillin and his colleagues at Berkeley and La Jolla's Salk Institute have shown how this works in mice. First, they bred a test batch without TRPV1 receptors; the furballs essentially lived in that moment when you've survived the assault and are basking in the afterglow, your nerves so desensitised that you don't even flinch as more hot stuff goes down the hatch. The result: these mice also produced dramatically less of an inflammatory compound called CGRP, which shuts down the pancreas's ability to release insulin, allowing blood sugar levels to rise.

Because they lacked TRPV1, these mice avoided such problems. They seemed largely immune to diabetes and obesity, living 14% longer and even staying trim in their old age. Dillin predicts that some prescription drugs aimed at targeting inflammation – migraine medicine, for example – might have this same side effect.

More practically, eating a lot of capsaicin appears to accomplish the same thing. Flooding your TRPV1s with excess capsaicin can eventually decommission some of the neurons they're found in. For now, no one knows how many Scovilles and what frequency will make the most impact. But it's the strongest argument yet for slathering sriracha on everything.

>Singe cancer. Meanwhile, science is exploring ingenious alternative ways to tap capsaicin to kill prostate cancer. At a recent annual meeting of the American Association for Cancer Research, for instance, a team from the University of Toronto reported that dietary capsaicin delivered before radiation treatment "radio-sensitises" tumour cells, softening them up, so to speak, so they're more easily dispatched by zaps of ionising radiation.

(As for why Currie's tumor was benign, the explanation is less clear. But Currie believes his pepper intake is why he's still cancer-free.)

Capsaicin may work elsewhere too. In 2014, researchers at the University of Alcalá in Spain reported that capsaicin was effective at vanquishing multiple kinds of cancer, including colon, pancreatic, liver, breast, and many others – though it seemed to do so through different mechanisms, depending on the tumour type. In some cancer cell lines, for instance, capsaicin induces apoptosis, or cellular suicide. In others, it bollixes specific "tran- scription factors" that cancers require to grow.

"Increasingly, cancer therapies are using a combination of compounds to hit different molecular targets," explains Dr Nieves Rodríguez-Henche, a lecturer in biochemistry and molecular biology at Alcalá's School of Medicine and Health Sciences. "Drugs working together produce enhanced results with lower toxicity."

Capsaicin may lack the shock-and-awe potency of classic chemo, but it could still play a valuable role. "We believe capsaicin may prove to serve as a modest but significant adjunct to other forms of treatment," Rodríguez-Henche says.

Not everyone in the research community agrees that the risk is worth the cost. Sherman, the evolutionary biologist and a professor emeritus at Cornell University, says capsaicin may be a double-edged sword: "For some cancers, it may be a carcinogen, for others a cocarcinogen, and for others an anticarcinogen."

For instance, scientists at the University of Minnesota recently discovered that lab mice consistently treated with capsaicin-based skin creams could develop cancer over time if they came into contact with another tumor promoter – like, say, the ultraviolet radiation of sunlight. It's your basic handle-with-care warning. If capsaicin is as powerful as researchers believe, then like any drug it might cause harm when used improperly. Even the best medicines have dose limits.

Still, Dr Szallasi remains optimistic. "As a doctor, I am supposed to follow evidence-based medicine, and I am not aware of any scientific evidence to support many of these chilli claims," he says. "That said, I am keeping an open mind. Lack of evidence often just means that the appropriate experiment has yet to be performed."

* * *

THE CAMERAS ARE ROLLING INSIDE CHARLOTTE'S Fox affiliate TV station as an anchor named Caitlin welcomes Currie on the set and gamely volunteers to taste-test a pepper code-named HP 56. (The HP stands for "high power" and the number for the variety of plant; he's bred more than 70 kinds of proprietary peppers.)

Before allowing the stunt, though, Currie issues a warning: this new one is nearly twice as incendiary as the Carolina Reaper – that is, it packs at least double the heat of most pepper sprays.

Caitlin asks the obvious: why create such a monstrous vegetable? "I eat them medicinally," Currie says, chuckling as he shifts into health-evangelism mode. "I truly believe God's got me on a mission to promote this gift he's given me." Caitlin shakes her head, eyeing the plateful of HP 56s less as a gift from that heavenly higher power than from a fire-and-brimstone-loving demon. Reluctantly, she places a tiny sliver on her tongue; within seconds the bonfire ignites. Her face turns red, her eyes water, and her skin shines with sweat. "I don't recommend anybody doing this," she croaks, only half joking.

Currie smiles benignly and gives her a handkerchief. If she spits it out now, he tells her, she'll avoid another round of even worse fire later in the digestive process.

The anchor opts to extinguish early, depositing the molten mouthful into the swatch of cloth she's holding. Everyone's laughing – until Currie reaches over, grabs a whole pod, and casually pops it into his mouth.

He chews slowly, relishing the combustion. His eyes tear up, but he seems calm, otherwise unfazed. "My peppers burn me as much as anybody," he says. But he'll take it. ■

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Moisturising Phase: To help maintain skin's natural moisture levels, DermaSync complex deploys patented NMF liposomes containing natural ingredients and emollients including hyaluronate, soy lecithin, glucosamine, algae and yeast extract, to the deepest layers of the skin's surface to moisturise and accelerate the repair and recovery process. Skin is replenished with hydration, the barrier function is bolstered.

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See, layering right now is about wearing your favourite thing over your second and third favourite things – acting as if it was all by accident. Add these seven new style moves to your repertoire now

WORDS **JOHN NG** PHOTOGRAPHS **CY WONG/REALPIXEL STUDIO** STYLING & COORDINATION **ANIS TAUFIK** GROOMING **MANDY WONG** MODEL **JOHNNY**



Find Your Best Fit
Worn either over a T-shirt or a dress shirt, a good crew-neck sweater should have a lightly fitted body and arms that is not too tight. The hem should sit at your waist – or just a bit over, while the neck needs be constructed in such a way that it won't easily lose its shape.

H&M wool sweater *RM249* and pants *RM199 hm.com/my*



Make It Work
The genius of a blazer: it can be a perfect addition to almost any outfit to really pull a look together. Untuck the shirt to put the jacket at ease – but it only works if you add another layer (like a sweater) to keep things under control.

BROOKS BROTHERS jacket *RM2,590*, shirt *RM460* and pants *RM565 brooksbrothers.com*



Go Back In Time
Is the temperature rising? Take off the shirt and tie it around the waist to channel the look that was once a signature of the 90s – and is still going strong, just so that you know. Avoid pairing clashing patterns or prints to make sure you keep the overall outfit in sync.

TOPMAN shirt *RM199*, T-shirt *RM106* and jeans *RM259 m.topman.com*



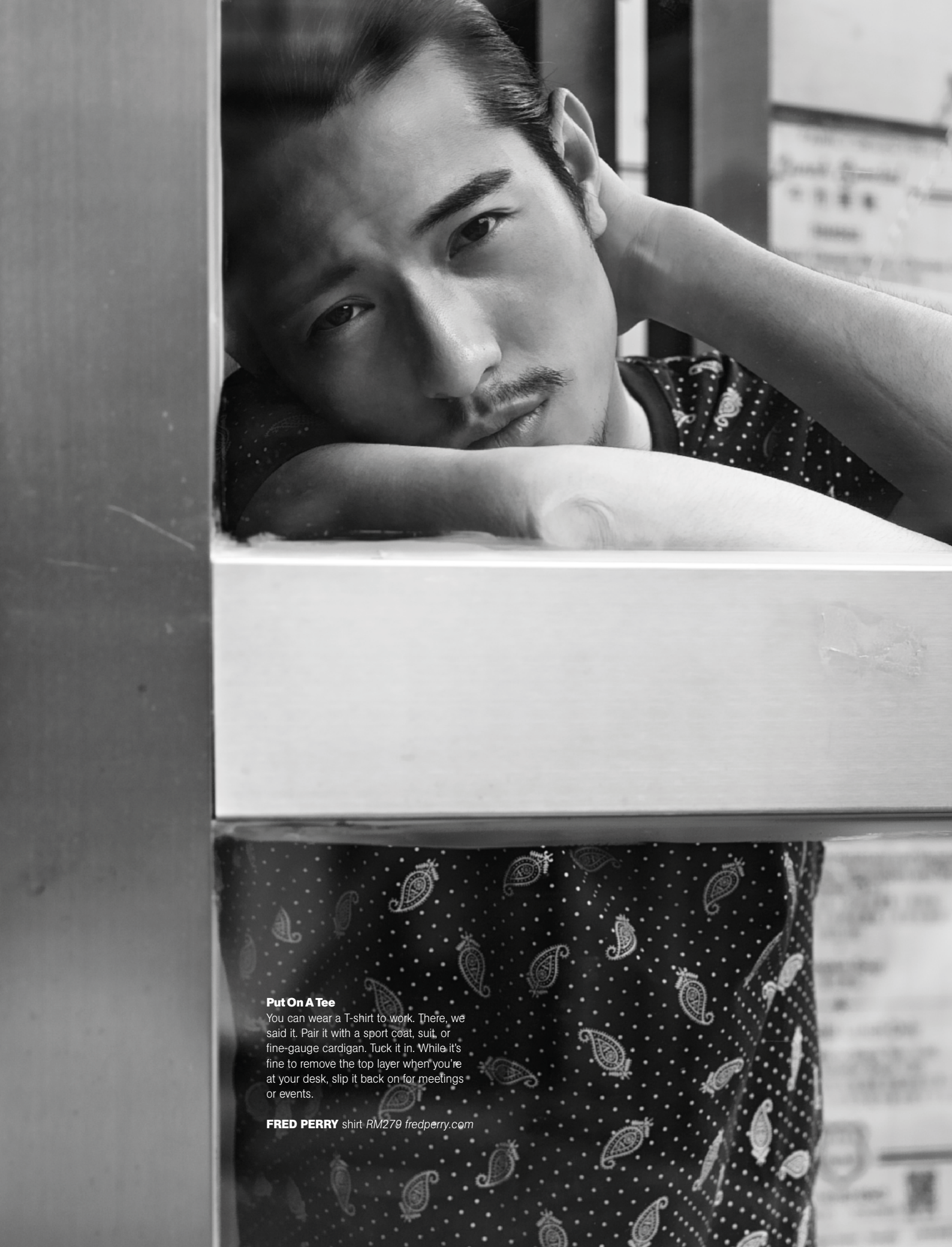
Play It Smart
Whether in brown or classic black, a leather jacket is the throw-on-and-go essential for every stylish gentleman. Remember: safeguard yours with a waterproof product like Meltonian Water and Stain Protection (*amazon.com RM32*) that not only shields it from water damage, but also make it more resistant to stains.

BURTON MENSWEAR jacket *RM396*, T-shirt *RM89* and jeans *RM219 burton.co.uk*



Match With Care
One thing you need to know when matching patterns: the two (or three) should never be exactly the same. For example, a red checked T-shirt should not be worn with a red checked jacket. They will blend in an abnormal way that may cause people around you to see movement where there is none!

BEN SHERMAN jacket *RM529*, T-shirt *RM269* and jeans *RM429 bensherman.com*



Put On A Tee
You can wear a T-shirt to work. There, we said it. Pair it with a sport coat, suit, or fine-gauge cardigan. Tuck it in. While it's fine to remove the top layer when you're at your desk, slip it back on for meetings or events.

FRED PERRY shirt *RM279 fredperry.com*



Maximise Your Investment
Elevate your everyday ensemble with a trucker jacket like this. The silhouette is slim on the body and it's designed to offer both style and comfort, featuring oversized chest pockets for maximum functionality. Wear it with khaki pants to complement the laid back look.

DOCKERS jacket *RM198*, khaki *RM198*; **Levi's** T-shirt *RM88 levi.com.my*

GO DIGITAL

Ranging from classic stainless steel designs to colour chronographs, the style of digital watches is aplenty. We help you narrow the list down to these couple of must-haves

WORDS **JOHN NG** PHOTOGRAPHS **KAHMUN/MYTHSTUDIO** ART DIRECTION AND STYLING **SHAHRUL HILAL**



G-SHOCK

GD-X6900HT

Each is finished entirely in a heathered pattern. Features include full auto-calendar, 12/24-hour format, button operation tone on/off, auto LED backlight and flash alert. *RM575 (each)*

casio-intl.com/asia-mea/en

TIMEX

Timex 80
Silver-tone brushed stainless steel bracelet with resin case. Features include chronograph/alarm/timer functions, 30m water resistance and Indiglo nightlight. *RM295*

Expedition Trail Mate
Durable, lightweight resin case with nylon strap. Features include distance and speed data, chronograph function, 100m water resistance and Indiglo nightlight. *RM379*

NIXON

The Unit
Polycarbonate case with custom injection molded silicone band. Features include calendar, temperature gauge, countdown timer, chronograph, alarm and light function, and 100m water resistance. *RM509 (each)*

aristasingapore.com



SWATCH

Speed it up
Plastic case with black dial and white silicone strap. Six functions include time, date, chrono, alarm, timer and beep on/off. Water resistant to 300 metres.

Winner's Podium
Plastic case with pink dial and white silicone strap. Six functions include time, date, chrono, alarm, timer and beep on/off. Water resistant to 300 metres.

Digiwhale
Plastic case with grey dial and blue silicone strap. Six functions include time, date, chrono, alarm, timer and beep on/off. Water resistant to 300 metres.

shop.swatch.com/en_my RM360 (each)



REEBOK

DI-R Block Party Red Rush & Gold Watch
ABS case with stainless steel strap. Features include stopwatch, split time and 50m water resistance. *RM329*

Zig Workout
PC case with silicone strap. Features include 12 digital alarm-chrono, chronograph with split, 12/24 format, countdown timer, dual time and 50m water resistance. *RM497*

PL PUMP
ABS case with PU strap. Features include pump up display, stopwatch, laps, recall and 50m water resistance. *RM497*

reebok.com



ADIDAS

Duramo
Matte polyurethane case with polyurethane unibody strap and single prong buckle. Features include illuminated energy hydro graphic and red pop colour pusher. *RM279*

Sprung
Brushed stainless steel case with silicone, two-piece strap and single prong buckle. Features include turn bezel to change functions, and measure calories, pace, distance and steps. *RM659*

adidas.com.my





#MHCOVERGUY15

DATE: 6 JUNE 2015
LOCATION: CELEBRITY FITNESS, MIDVALLEY MEGAMALL



Meet the finalists of #MHCoverGuy15!

#MHCOVERGUY15 Fitness Day



Our finalists meet each other for the first time and are briefed by Vincent Siow, Celebrity Fitness trainer



Aren smiling through the group plank challenge



Each group member takes turns retrieving weights and dumbbells from the bottom of the pool



Beast mode with Julian Shii at the kettlebell swing station



The finalists flying through the viper ice skaters



Jatt demonstrates his agility

AFTER FIVE MONTHS OF SIFTING THROUGH NOMINATIONS AND ENTRIES FOR THE SECOND EDITION OF THE *Men's Health Malaysia* Cover Guy search, we invited our 14 finalists to the first ever MHCoverGuy Fitness Day. Together with our gym partner Celebrity Fitness, we organised several fitness assessment exercises, as well as group activities to see which finalist shone in terms of individual fitness and personality. Attired in Reebok gym shorts, Reebok Z-Pump shoes and Rip Curl board shorts, all finalists also received lunch and beverages from Upbeat Health Bar, enabling them to give their 110% for the Fitness Day activities! The action-packed day saw four hours of gruelling physical challenges before ending with one-on-one interviews.



Farhan making his way back with his underwater treasure



Joseph Lee, determined not to let his team down, powers through the challenge



Lunch is served, thanks to Upbeat Health Bar



May the best plank win



Group squats!

KIND THANKS TO OUR SPONSORS

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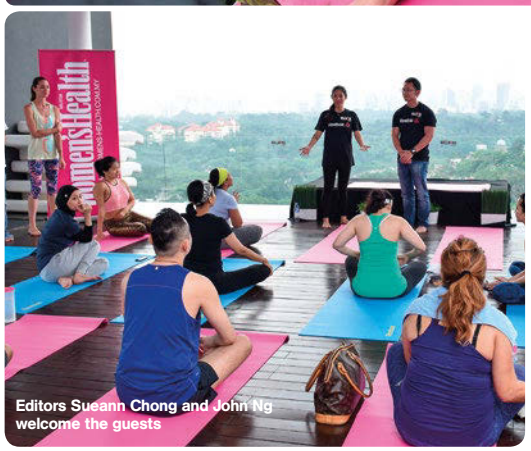
Reebok Men's Health Women's Health WELLNESS WEEK

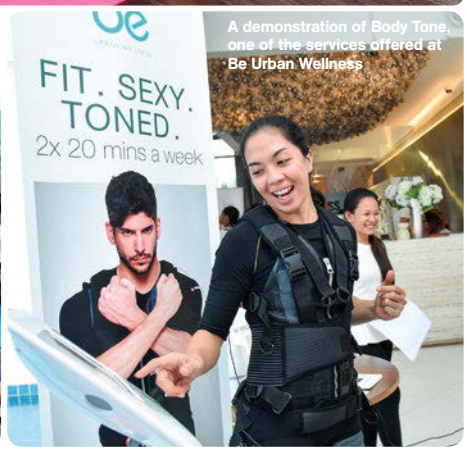
DATE: 8 TO 11 JUNE 2015
LOCATIONS: BE URBAN WELLNESS AND PANGKOR LAUT RESORT


Tara Stiles leading the class


Participants for the Be Urban Wellness Yoga sessions collect their goodies


Tara Stiles and guests from the first yoga session


Editors Sueann Chong and John Ng welcome the guests



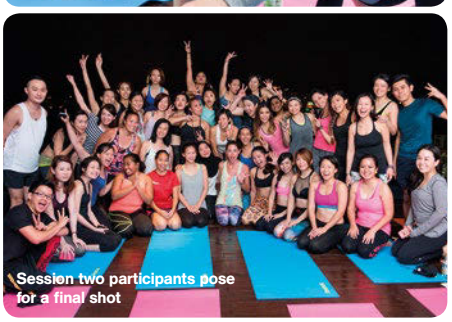
A demonstration of Body Tone, one of the services offered at Be Urban Wellness


Tara Stiles helps out a participant

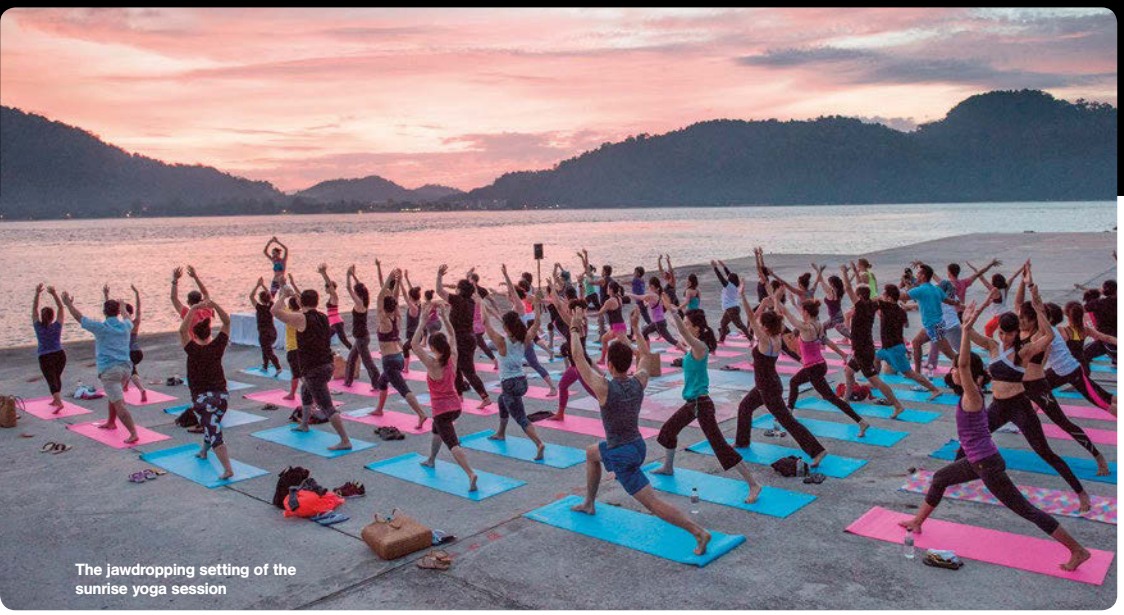
Wellness Week'15

FOR THE FIRST TIME, MEN'S HEALTH MALAYSIA AND WOMEN'S HEALTH MALAYSIA PARTNERED UP WITH Reebok Malaysia and their global ambassador Tara Stiles for four days of unforgettable yoga and wellness events.

The Wellness Week kicked off on 8 June 2015 with two evening sessions of Strala Yoga with founder and international yogi celebrity Tara Stiles. Over 80 readers and fans participated in the sessions held at the pool deck of Be Urban Wellness against breathtaking views of the Kuala Lumpur skyline.


Session two participants pose for a final shot

PHOTOGRAPHY REINA



The jawdropping setting of the sunrise yoga session

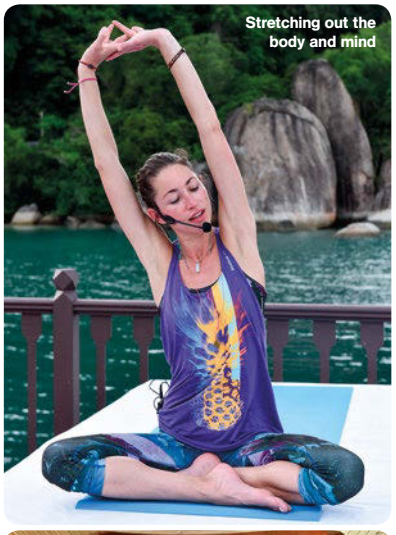


Anushya Safira of Neubodi at the Neubodi workshop



The amazing barbeque dinner on our last night at Pangkor Laut Resort

The day after, we whisked away 30 of our readers to the exclusive and luxurious Pangkor Laut Resort for three days of yoga and wellness activities with Tara Stiles and the editors of Men's Health Malaysia and Women's Health Malaysia. Thanks to our partner YTL Hotels, participants got the opportunity to practise yoga in exotic locations such as the helipad overlooking the Andaman Sea, Pangkor Laut's picturesque jetty and the tranquil space of Pangkor Laut Resort's Spa Village. On the final day before departing the private island resort, a big barbeque banquet was held to celebrate Wellness Week and Tara Stiles' belated birthday! See more on **#WELLNESSWEEK15**



Stretching out the body and mind



The guys follow Tara Stiles as she swiftly moves through the class





The last Wellness Week Retreat group shot for



The nature hike begins with a few do's and dont's



MH guys enjoying the spoils of their hard work after their culinary workshop

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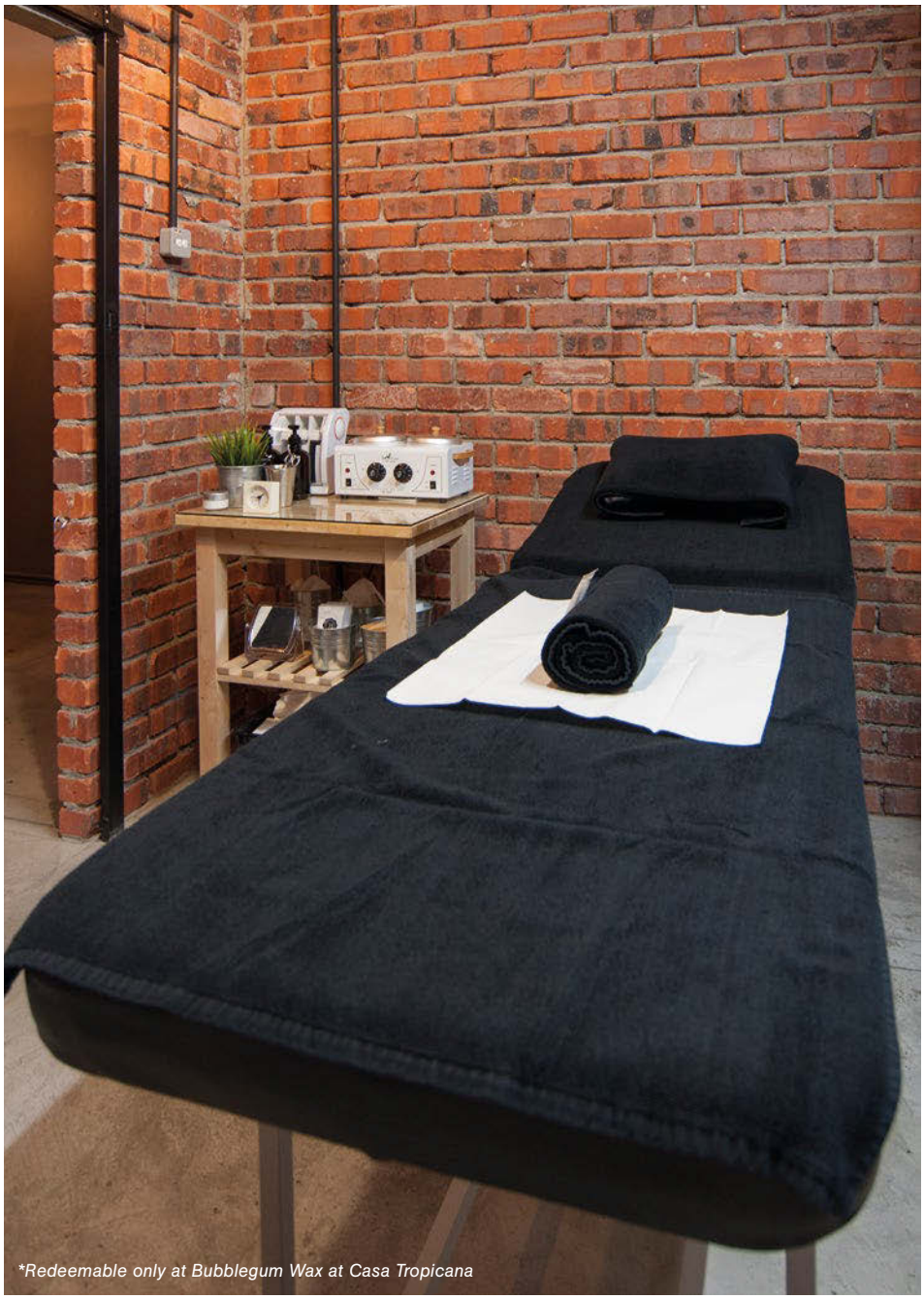
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WIN BUBBLE GUM WAX CASH VOUCHERS WORTH RM100 EACH!

Bubble Gum Wax – dubbed the Waxing Expert™ – is an established waxing and hair-removal company with a team of trained and qualified therapists with years of experience.

Bubble Gum Wax provides a full service waxing from head to toe for both men and women. They pride themselves in what they do best, which is leaving you with smooth skin through a comfortable and relaxing experience. If you are a first-timer, don't be afraid to express any anxiety you might have. Their trained therapists understand that everyone has different needs and they can put your mind at ease. If you're a waxing regular, then you might find their quickness and thoroughness very rewarding.

PRIZE:

50 winners will receive a cash voucher worth RM100 each.

QUESTIONS:

1. Bubble Gum Wax provides a full service waxing for both men and women. True/False
2. List one location of Bubble Gum Wax.
3. What is one of the tips on finding a fragrance listed on p48?

CLOSING DATE: 31 AUGUST 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER: **50 WINNERS WILL RECEIVE A CASH VOUCHER WORTH RM100 EACH.**

TERMS & CONDITIONS: This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email



WIN TICKETS TO AN EXCLUSIVE PREVIEW SCREENING OF *HITMAN: AGENT 47*!

Hitman: Agent 47 centres on an elite assassin who was genetically engineered from conception to be the perfect killing machine, and is known only by the last two digits from the barcode tattooed on the back of his neck. He is the culmination of decades of research – and forty-six earlier Agent clones – endowing him with unprecedented strength, speed, stamina and intelligence. His latest target is a mega-corporation that plans to unlock the secret of Agent 47's past to create an army of killers whose powers surpass even his own. Teaming up with a young woman who may hold the secret to overcoming their powerful and clandestine enemies, 47 confronts stunning revelations about his own origins and squares off in an epic battle with his deadliest foe.

PRIZE:
45 winners will receive a pair of preview screening passes each!

QUESTIONS:

1. Name the actor who plays Agent 47.
2. *Hitman: Agent 47* is based on a video game series. True/False
3. According to one of this month's brain bulletins, why is having a sense of purpose in life good for your brain?

CLOSING DATE: 14 AUGUST 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER: **45 WINNERS WILL RECEIVE A PAIR OF PREVIEW SCREENING PASSES EACH!**

20th CENTURY FOX

TERMS & CONDITIONS: This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email



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How to Avoid Crashing

AFTER MORE THAN 14 YEARS IN NASCAR AND SIX SPRINT CUP CHAMPIONSHIPS, I know what it's like to be cruising along and then suddenly – bam! – wyou hit a wall. For instance, in 2000 I slammed into a barrier at Watkins Glen International, totaling my car. You may not spend your workday speeding into the backstretch at 322km an hour, but the last thing you want is to crash in those crucial laps between lunch and quitting time. So instead of spinning your wheels or drifting toward a collision with unconsciousness, use these manoeuvres to get back on track. There's no trophy at stake, but you might get a boost from your corporate sponsor.

1

Top Off Your Tank

Whether you're on the track or at the office, it takes high-octane fuel to fire on all cylinders. For breakfast, fill up with two eggs, 1 cup of fresh fruit, and a slice of whole grain toast with peanut butter. That'll provide slow-burning energy and keep you full longer. To avoid stalling out, stay fully hydrated with this rule of thumb: guzzle enough H_2O (or, ahem, Gatorade, my sponsor!) to make at least five pit stops a day. And go before you drive home. No stopping with the checkered flag in sight.

2

Boost Your Battery

You might think all those left turns I make would put me to sleep. But I'm more likely to conk out in a dimly lit office or cubicle. Lack of light can trick your brain into secreting the sleep hormone melatonin at, say, 3pm rather than before bedtime. Prevent that by hitting the gym at lunch. The loud, brightly lit space will help slam the brakes on melatonin and accelerate your production of endorphins, neurotransmitters that are as energizing as a roaring Nascar crowd.

3

Engineer an Edge

If you miss a workout, you can keep your mental engine humming with a quick power nap. Sit back in your chair, close your eyes, and drift off for 10 to 20 minutes. That relatively short duration means your sleep cycle stays in the non-REM stage. You'll wake quickly with a surge of alertness, shift right back into work mode, and set a new track record for productivity.

– WITH *MH* US SLEEP ADVISER DR W CHRISTOPHER WINTER AND WESLEY DELBRIDGE OF THE ACADEMY OF NUTRITION AND DIETETICS

+

Here's why you should drive a ride as cool as Jimmie Johnson's: guys who gunned the engine of a luxury sports car on the open road had 8% higher testosterone levels than men putting around town in a family sedan, Concordia University researchers found. So that BMW 4 Series is a health expense, right?

EDITED: **JIMMIE JOHNSON** ILLUSTRATION: **NIGEL BUCHANAN**

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